

HYDROCORTISONE COMPOUND

What is this medicine?

Hydrocortisone (hai-druh-KOR-tuh-sown)

- Hydrocortisone is an adrenal hormone that may be given to people who do not produce a sufficient amount on their own.
- It may be used to treat certain skin and adrenal gland conditions.
- It may also be used for other conditions as determined by your doctor.

Compounded Drug Forms: tablet, capsule, troche, suspension, suppository, cream, gel

What should I tell my health care provider before I take this medicine?

- Allergy to hydrocortisone
- Pregnant or may become pregnant; are breastfeeding
- Have heart disease or high blood pressure
- Have active or latent tuberculosis and/or tuberculosis reactivity
- Have a mood or psychiatric condition
- Have thyroid disease
- Have diabetes, cataracts, or glaucoma
- Have liver or kidney disease
- Have osteoporosis
- Have myasthenia gravis
- Have a systemic fungal, viral, parasitic or bacterial infection
- Have a seizure disorder
- Have pheochromocytoma
- Have systemic sclerosis
- Have adrenal suppression

How should I use this medicine?

Follow the package directions provided by Belmar Pharma Solutions and by your prescriber. Your dosage is based on your medical condition and response to therapy. Follow the dosing schedule provided carefully.

Oral dosage forms should be taken with food.

Sublingual formulations should be placed under the tongue or between the cheek and gum and held in place until fully dissolved. Avoid swallowing saliva to ensure best absorption into the blood stream. Avoid eating or drinking 15 minutes before or after taking sublingual formulations. However, medication should be taken on a full stomach.

Topical products can be applied to the inner arm, upper thigh, backs of the knees, tops of the feet, and inner wrists. It is recommended to rotate sites to ensure even retention of the hormone. Cover treated skin with clothes to avoid contact with people or pets.

Vaginal preparations should be inserted using your finger or the applicator provided. Suppositories may leak and may be more convenient to use at bedtime.

What if I miss a dose?

- If you miss a dose, take it as soon as possible.
- If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule.
- Do not take double the dose at once.

What should I watch for while using this medicine?

Belmar Pharma Solutions recommends yearly checkups with your provider.

What side effects may I notice from receiving this medicine?

Possible side effects that may occur and may go away as your body gets used to the medication include:

- Restlessness
- Trouble sleeping
- Headache
- Upset stomach, vomiting, or increased appetite
- Increased sweating
- Weight gain

Serious Side Effects:

Contact your doctor immediately or seek medical attention if you experience:

- Signs of high blood pressure such as bad headache, dizziness, fainting, or change in eyesight
- Seizures
- Vision changes, eye pain or severe eye irritation
- Pain or pressure in the chest
- Water retention
- Depression, hallucinations, or change in behavior
- Signs of pancreas problems such as severe stomach pain, severe back pain, severe upset stomach or vomiting
- Vomit that is bloody or looks like coffee grounds
- Severe rectal pain or bleeding; black, tarry or bloody stool
- Irregular menses
- Signs of low potassium levels such as muscle pain, muscle cramps, muscle weakness, a heartbeat that feels different than normal
- Shortness of breath, large increase in weight, swelling in arms or legs
- Pain in bones or joints
- Acne, stretch marks or other skin changes, thinning of skin, unexplained bruising or bleeding, slow healing, changes in skin pigmentation, increased body hair
- Signs of infection such as fever, chills, unusual sore throat pain, cough, ear pain, sinus pain, pain while urinating, increased sputum or change in color of sputum, mouth sores, a wound that doesn't heal
- Signs of weak adrenal function such as upset stomach or throwing up, severe dizziness or passing out, muscle weakness, feeling very tired, mood changes, confusion, more hungry or not hungry, weight loss, headache, fast heartbeat, sweating, very dry skin/mouth/eyes, thirst or fast breathing
- Signs of high blood sugar such as confusion, feeling sleepy, increased thirst, increased hunger, urinating more often than normal, flushing, fast breathing or breath that has a fruity odor
- Signs of Cushing's Disease such as weight gain in the upper back or abdomen, moon face, severe headache, slow wound healing

You may experience side effects not listed. Contact your doctor with questions.

An allergic reaction to this medication is unlikely but seek medical attention if it occurs. Symptoms of an allergic reaction include rash, itching, swelling, severe dizziness, trouble breathing.

Contraindications: Hypersensitivity to hydrocortisone or any component of the formulation. Hydrocortisone therapy is contraindicated in the presence of a systemic fungal infection.

Where should I keep my medicine?

Store at room temperature between 59 and 86 degrees F, unless otherwise specified on the packaging.

Additional Information:

- Do not share this medication with others.
- Keep out of reach of children and pets.
- If an overdose is suspected contact your local poison control center at 1-800-222-1222 or go to the nearest emergency room.

If you have any questions concerning this or any of your medications, a pharmacist is available during normal business hours to answer your questions. You may report side effects to the FDA at 1-800-FDA-1088.

Consumer Information Use and Disclaimer: This information should not be used to decide whether or not to take this medication or any other medication. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does not include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. For questions about the source of any of the information provided herein, pharmacists at Belmar Pharma Solutions are available. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of this medicine.

Do not flush down a toilet or pour down a drain. Check with your pharmacist if you have questions about the best way to dispose of medications. There may be a drug take-back program in your area.

References:

1. Hydrocortisone Topical. Drug Facts and Comparisons. Facts and Comparisons eAnswers. Wolters Kluwer Health, Inc. Riverwoods, IL. Accessed July 2021.
2. Hydrocortisone Oral. Drug Facts and Comparisons. Facts and Comparisons eAnswers. Wolters Kluwer Health, Inc. Riverwoods, IL. Accessed July 2021.
3. Hydrocortisone Rectal Topical. Drug Facts and Comparisons. Facts and Comparisons eAnswers. Wolters Kluwer Health, Inc. Riverwoods, IL. Accessed July 2021.