

## CREAMS

A cream may be prescribed as it has a few advantages over other forms of drug delivery. A hormonal cream is to be applied to an unexposed area of the body (as it allows the best absorption) such as the inner or outer thigh or the inside of the arm. Ensure you rotate the areas of application for best results. Before application, place a small amount on the inside of the arm and leave for about 5 minutes. If you find that there is no reaction (the skin is not red or irritated) then you may proceed with the application. Apply as directed by the doctor and discontinue use if there is a reaction to the cream (very rare). Hormonal creams are compounded to your specific dose. The hormone is combined in a suitable base which is a very smooth, non-greasy, fragrance free, paraben free and hypoallergenic moisturising cream.

**Measuring the cream:** Most of our creams are dispensed in Accurate dose MD Air-less Jars with pump. The dosage is displayed for you on your product label. Each press of the pump will deliver one dose of cream (either 0.5ml or 1ml) depending of your prescribed dose. This jar prevents bacteria growth and allows for more accurate dosing.

### USING THE SYRINGE METHOD:

One ML (One full syringe OR one level white spoonful) is equivalent to 1 gram of cream. If you misplace the syringe or plastic spoon, 1 gram is equal to  $\frac{1}{4}$  of a level teaspoon.

**Using the cream jar: Unscrew the small white cap - Take the end of the syringe(plunger) completely out and place on the bench and place the tip of the syringe into the “pink” hole at the top of the jar (Some pressure will need to be applied here). Holding it upright, push from the bottom up ensuring you hold onto the syringe. You will see the cream moving up the syringe. Once it reaches the line at the top of the syringe you place the end back into it and measure out the dose you require.**

Alternatively, if you cannot use the accurate syringe you may use the white spoon provided. One level spoonful = 1 ml

Storage: Store in a cool area away from direct sunlight.