



NUGen Pharmacy

ABN: 68 168 144 358

Level 1, 438 Burwood Road, Belmore, NSW 2192

Ph: 02 7900 2210 **Fax:** 02 7900 2210

Email: info@nugenpharmacy.com.au

Web: www.nugenpharmacy.com.au

INSTRUCTIONS FOR USE OF TROCHE

Use the following guidelines when taking your prescribed troches:

Always follow your doctor's instructions

- Each troche can be cut in half with a sharp knife. Cutting into quarters is also possible along the score lines.
- We recommend you take your troches after meals however some patients will prefer to take their troches before meals.
- You should take your troche at approximately the same time each day.
- You should allow your troche to fully dissolve before going to sleep.
- You are instructed to either take your whole dose once a day or to take part of the troche ($\frac{1}{2}$ or $\frac{1}{4}$) in the morning AND part of the troche in the evening.
- It will take between 10-40 minutes for your troche to dissolve.
- To decrease dissolving time, you may flatten each troche between your fingers so that it looks like a disc.
- Place this disc in your cheek pocket (between the gum and cheek) or under your tongue (sublingual) and allow it to dissolve.
- Some residue may be left after 40 minutes – if so, discard and rinse mouth out with water.
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NUGen Pharmacy specially formulates the consistency of the troche base, depending on our seasons?

- From May to September your Troche base formula is slightly softer allowing for easier cutting during the cooler months.
- From October to April your Troche base is slightly firmer to help avoid melting in the warmer months.

STORAGE OF TROCHES:

- Troches do not need to be kept in the fridge unless room temperatures are above 30 degrees.
- Troches generally have a shelf life of approximately 3 months, so you may keep unused troches for possible future use.

SPLIT PACK INSTRUCTIONS (2 TROCHE MOULDS):

- You have been sent 2 packs of troche medication and each of these may contain one or more hormones. Take $\frac{1}{2}$ a troche from each pack daily or as per your **Doctor's instructions**.
- The quantity in each pack may vary up to 30 troche. The hormones prescribed in the troche and the container size that you have received have been determined at your consultation with the doctor.

COMBINED PACK INSTRUCTIONS (1 TROCHE MOULD):

- You have been sent 1 pack of troche medication which may contain one or more hormones. Take 1 full troche daily or a $\frac{1}{2}$ a troche twice daily or as per your **Doctor's instructions**. Progesterone only patients will more than likely use $\frac{1}{2}$ troche nocte (at night)
- The quantity in each pack may vary up to 30 troche. The hormones prescribed in the troche and the container size that you have received have been determined at your consultation with the doctor.

Your medication has a recommended shelf life of 3 months from dispense date.

NB: Once medication has been dispensed, it unfortunately, cannot be returned

Your Medical Checklist

As part of your treatment program, we may recommend that you undertake specific medical tests. These will be advised by our doctor during your consultation.

In addition, we suggest that you consult with your general practitioner and have the following tests.

Pap Smear	Every 2 years (Unless you have had a hysterectomy or if you are being followed for previous abnormal smears)
Mammogram	Every 2 years. Especially if over the age of 50. Some women, with a family history of breast cancer, may require a mammogram yearly and from an earlier age. Regular self examination of your breasts is also recommended.
Blood Pressure	At least every 12 months (more regularly if on blood pressure medication)
Cholesterol Levels	Consider an initial assessment of your cholesterol and other blood lipids, especially if you are overweight or you have other risks of having elevated cholesterol, e.g. a family history of heart disease. Further testing will depend on this initial result.
Blood Sugar Levels	An initial assessment of your blood sugar is advisable. Further testing will depend on this initial result
Bone scan	An initial bone scan is advisable. Further bone scans will depend on this outcome

As a patient of the Menopause Centre we encourage you to maintain these regular medical checks and also strongly advise that you inform us of your results.

As part of our ongoing commitment and patient care, we would also encourage you to have a minimum six monthly medical review with our Medical Support Team. If you have not had a medical review in the past six months please contact us for an appointment.

Kind regards

Dr Gary Aaron
Medical Director
Australian Menopause Centre