

Areas of Specialty in Compounding

- BHRT (Bio identical Hormone Replacement Treatment)
- Dentistry
- Dermatology
- Discontinued Medications
- Men's Health (Andropause and Testosterone Replacement)
- Pain Management
- Pediatrics
- Physiotherapy
- Podiatry
- Sports Medicine
- Thyroid Hormone Preparations
- Veterinary
- Women's Health

COMPOUNDING IDEAS

DISCLAIMER: The formulae list below are just a few compounding ideas for various areas of expertise, by no means this is an exclusive list and formulations may vary based on patient specific needs and prescriber requests.

BHRT Compounding Ideas

Bi-Est 0.25 mg/0.5 mL Topical Cream (Estriol/Estradiol [80/20])
 Bi-Est 0.5 mg/0.25 mL Topical Cream (Estriol/Estradiol [50/50])
 Bi-Est 1.5 mg Progesterone 30 mg/0.5 ml Topical Cream (Estriol/Estradiol [80/20])
 Bi-Est 1.5 mg Progesterone 30 mg Testosterone 1 mg/ml (Estriol/Estradiol [80/20])
 Estriol 0.5mg/Testosterone 2 mg/0.1 ml Topical Cream
 Estriol 0.05% Vaginal Cream
 DHEA 5 mg to 25 mg Capsules
 DHEA 1.25mg/ ml Topical Cream
 Progesterone 3 to 5 % Topical Cream
 Progesterone 50, 100 or 200 mg Suppositories
 Progesterone 100 mg Troche
 Progesterone 8% Vaginal Gel
 Progesterone 50, 100mg SR Capsules
 Testosterone 0.25 mg to 20 mg/ml Topical Cream
 Testosterone 10 mg/0.1 ml Oil Sublingual Suspension
 Tri-Est 1.25/0.25 ml or 5 mg/1 ml Oil Sublingual Suspension (Estriol/Estradiol/Estrone [80/10/10])
 Tri-Est 1.25 mg Progesterone 50 mg SR Capsules
 Tri-Est 1.25 mg/ml Topical Cream (Estriol/Estradiol/Estrone [80/10/10])
 Tri-Est 0.65 mg/ml Topical Cream (Estriol/Estradiol/Estrone [70/20/10])
 Tri-Est 2.5 mg/ml Topical Cream (Estriol/Estradiol/Estrone [70/20/10]) with Progesterone 2.5% Cream
 Note: All hormonal preparations are available in various strengths and different bases.

Dermatology Compounding Ideas

Hair Growth

Minoxidil 5% Topical Solution

Bleaching/ Skin Lightening

Hydroquinone 4% Tretinoin 0.05% Urea 10% in Hydrocortisone 2.5% Topical Cream
 Hydroquinone 4% Ascorbic acid 2% Salicylic Acid 5% in Bethamethasone 0.1% Cream
 Hydroquinone 5% Tretinoin 0.1% Triamcinolone 0.1% Topical Gel or Cream
 Hydroquinone 5% Kojic acid 5% Hydrocortisone 1% in Tretinoin Cream
 Hydroquinone 7% Kojic acid 5% in Clobetasol Cream
 Hydroquinone 8% Glycolic Acid 8% Tretinoin 0.05% in Hydrocortisone 0.5% Topical Cream
 Hydroquinone 10% Tretinoin 0.05% Triamcinolone 0.1% Topical Cream

Skin Renewal (Applied 2 to 3 times per week for Skin Exfoliation)

Lactic Acid 7% (W/V)/Glycolic Acid 5.6% (W/V) Topical Solution

Skin Fungal Infections

Clotrimazole 2% Ibuprofen 2% Tea Tree Oil 1% Topical Cream
 Ketoconazole /Tea Tree Oil/ DMSO Antifungal Solution
 Tea Tree Oil 5.4% Lavender Oil 1% Clotrimazole 1% Undecylenic Acid 5% Urea 5% Topical Cream

Nail Fungal Infections

Itraconazole 1%/Ibuprofen 2% in DMSO Nail Polish
 Fluconazole 1%/DMSO Topical Solution

Resistant Staphylococcus aureus (MRSA) Infections

Clindamycin 3%/Doxycycline 1% Topical Ointment
 Ketoconazole 2%/Ibuprofen 2% Topical Powder

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RIVER RUN PHARMACY

Specialty Compounding



About River Run Pharmacy

River Run Pharmacy specializes in making compounded medications to meet the specific needs of individual patients. Our Pharmacy has been compounding for more than ten years and is a proud member of PCCA (Professional Compounding Centres of America). Besides specialty compounding, we are also a traditional pharmacy offering several other personalized services. We provide a health and wellness focused approach for our clients to manage their medical problems. We are located at 1525 Bristol Road West in Mississauga.

What is Compounding

Prior to the 1950's compounding medications constituted the primary function of every pharmacist and was considered a standard of practice. With the introduction of mass manufacturing by pharmaceutical companies, compounding pharmaceuticals declined in pharmacy practice. However, this "one size fits all" approach did not always meet individual patient specific needs. In the last few decades, specialty compounding has regained its' state of art practice to fulfill this specific needs.

Compounding Pharmaceuticals offers solutions to those patients who:

- have difficulty taking commercially available products
- are allergic or sensitive to fillers, preservatives or dyes
- requires a dosage that is different from commercially available strengths
- need to improve compliance (taste, ability to swallow, form of application)
- requires a dosage form that is commercially not available

Compounding is an art of making variety of dosage forms:

- Creams and Ointments
- Capsules
- Powders
- Lolly Pops
- Solutions, Emulsions and Suspensions
- Sustain Release formulations
- Suppositories and Rockets
- Transdermal Gels
- Troches



Ask River Run Pharmacist about all your compounding needs!

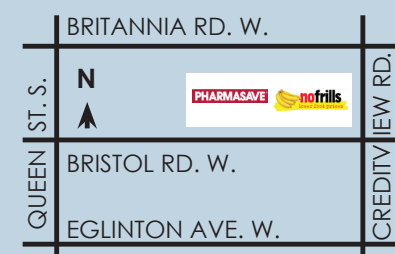
Besides Specialty Compounding, River Run Pharmacy is a full service pharmacy offering:

- Prescription Services
- Custom Medication Packaging
- Medication Reviews (Meds Check)
- Personalized Medication Profiles
- Blood Pressure Monitoring
- Saliva Hormone Testing
- Vitamins & Nutritional Supplements

Store Hours

Sunday: 10:00 AM - 5:00 PM
Monday: 9:00 AM - 9:00 PM
Tuesday: 9:00 AM - 9:00 PM
Wednesday: 9:00 AM - 9:00 PM
Thursday: 9:00 AM - 9:00 PM
Friday: 9:00 AM - 9:00 PM
Saturday: 9:00 AM - 5:00 PM

River Run Pharmacy is located in the No Frills plaza at Creditview Road and Bristol Road West:



RIVER RUN PHARMACY
www.riverrunpharmacy.com

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How to Write a Compounding Prescription

RX

"Compounded Medication" – Prescription must begin with this phrase
 Name of Active Ingredients (API), Strength or dose (i.e % or mg)
 Dosage Form (Oral suspension, Suppository, Troche, Transdermal gel)
 Quantity
 Direction for use

Bio-Identical Hormones & Saliva Testing Kits

Bio-identical hormones have been used for over 20 years to meet the needs of women (in pre menopause, menopause and post menopause) and men (in andropause). Bio-identical hormone treatment helps both women and men to restore hormonal imbalance and help reduce or treat symptoms caused due to this imbalance.

Bio-identical hormones include Estrone (E1), Estradiol (E2), Estriol (E3), Progesterone, Testosterone, Dehydroepiandrosterone (DHEA), and Pregnenolone. Our pharmacists work together with patients and prescribers to provide customized bio-identical hormone replacement therapy that provides the needed hormones in the most appropriate strength and dosage form to meet each individuals' specific needs.

Hormone replacement therapy should be initiated carefully after an initial medical and family history has been reviewed. Every individual is unique and will respond to therapy in their own way. Close monitoring and medication adjustments are essential.

Before undergoing a hormone replacement therapy, it is important to test for a hormone imbalance. This is best achieved using a saliva test. Saliva hormone testing is most useful for uncovering hormone imbalance. Saliva hormone level measures hormone at tissue (cells) level. Because saliva reflects what actually gets into tissue rather than what might eventually get into tissue, it better reflects tissue (bio-available) hormone levels. In contrast, a blood hormone level reflects hormone which has not yet been delivered to tissue.

Saliva Test kits are available for purchase at River Run Pharmacy. Tests available include:

- Female Panel
- Male Panel
- Adrenal Panel

Dentistry Compounding Ideas

Chlorhexidine 0.12% Oral Gel
Magic Mothwash (Diphenhydramine, Nystatin Susp, Tetracycline, Dexamethasone)
Metronidazole benzoate 3% Dental Gel
Nystatin 100,000u to 200,000u Oral Troches
Pilocarpine 10 mg/ml Oral Spray (Dry Mouth formulation)
Pilocarpine HCl 2 mg Base A Troche (Dry mouth formulation)
Saline/Glycerin Oral Suspension (Saliva Substitute)
Tetracycline 2.4% Periodontal Gel
Carbamide Peroxide 22% Potassium Nitrate 5% Sodium Fluoride 2% Dental Gel (Teeth Bleaching)

Diabetic Compounding Ideas

Circulation Problems

Nifedipine 4% Topical Lipoderm®
Pentoxifylline (5%, 10% & 15%) Lipoderm® Transdermal

Diabetic Neuropathy

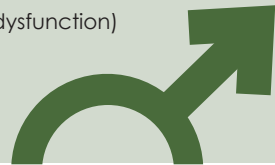
Ketamine 10%/Gabapentin 6%/Clonidine 0.2%/Nifedipine 2% Topical Lipoderm®
Amitriptyline HCl 2%/Baclofen 5%/Ketamine HCl 5%/Ketoprofen 10% Topical Lipoderm®
Amitriptyline HCl 2%/Baclofen 2% Topical Lipoderm®
Amitriptyline HCl 2%/Ketoprofen 2%/Carbamazepine 2% Topical

Diabetic Toes

Nifedipine 4% Topical Lipoderm®
Pentoxifylline (5%, 10% & 15%) Lipoderm® Transdermal
Ketamine 10%/Gabapentin 6%/Clonidine 0.2%/ Nifedipine 2% Topical Lipoderm

Men's Health Compounding Ideas

Testosterone Topical Gels or Creams (Various strengths)
Testosterone 5, 10 or 25 mg Base A Troche (Restoring Hormone Balance)
Progesterone 30 mg/mL Topical Cream (VersaBase)
Sildenafil 20 mg T.T. (200 mg mold) Polyglycol Troche™ Base (Erectile dysfunction)
Diltiazem 2 to 5 % Ointment (Anal fissures)
Diltiazem 5%, Lidocaine 5% Ointment (Anal Fissures)
Nifedipine 0.2% Ointment (Anal Fissures)
Nifedipine 0.2%, Lidocaine 1.5% Ointment (Anal Fissures)



Pediatric Compounding Ideas

Atenolol 7.5mg/ml Oral Suspension
Amlodipine 1 mg/ml Oral Suspension
Aldactazide 5mg/ml Oral suspension
Baclofen 5mg/ml Oral Suspension
Calcium Carbonate 200mg/ml Oral Suspension
Dexamethasone Phosphate 1mg/ml Oral Syrup
Domperidone 5mg/ml Oral Suspension
Gabapentin 100mg/ml Oral suspension
Ibuprofen Suppositories
Lansoprazole 3 mg/mL Suspension for oral or G-tube use
Metronidazole 15mg/ml Oral Suspension
Metoprolol 10mg/ml Oral Suspension
Mouth wash for pain – HSC (Lidocaine 2% Oral Rinse Flavored)
Nitrofurantoin 10mg/ml Oral suspension
Omeprazole 2 mg/mL Suspension for oral or G-tube use
Oseltamivir 15mg/ml Oral Suspension
Prednisone 5mg/ml Oral Suspension
Sipronolactone 5mg/ml Oral Suspension
Sildenafil Citrate 1 mg/mL Oral Suspension
Trimethoprim 10mg/ml Oral Suspension
Ursodiol 50mg/ml Oral Suspension
Aromatic Head Lice Formula
Diphenhydramine HCl 1% Calamine 8% Topical Cream (For Chicken Pox)
Zinc Oxide 40% in Hydrocortisone 1% and Nystatin Cream (1:2) - Diaper Rash Cream
Miconazole 2% in Mupirocin 2% Oint and Betahmethasone 0.1% Oint (1:1) – Nipple Ointment for Mom



Veterinary Compounding Ideas

Some of most popular veterinary formulas are:

- Aluminium Hydroxide Oral Suspension
- Amino Caproic Acid 16.7% Oral Syrup
- Amitriptyline 10 mg/0.5ml Oral Suspension
- Azithromycin 50 mg Chewable Treat
- Calcitriol 4 nanograms/0.25 ml Oral Oil Solution
- Calcium Glubionate Oral Syrup
- Camphor Liniment for Veterinary Use
- Captopril 5 mg/ml Oral Solution
- Diethylstilbestrol Oral Capsule
- DMSO Cream 50% and 70%
- Furosemide 10 mg/0.1 ml Pluronic Lecitin Organogel
- Gentian Violet 0.5% Stain Solution
- Hairball Remedy
- Insect repellent Bath Oil
- Itraconazole Suspension 100 mg/ml
- Ivermectin/Pyrantel Capsules 65 mcg/57 mg
- Kanamycin Compound Oral Antidiarrhea Mixture
- Ketamine HCl 10 mg Base A Troche
- Metronidazole Benzoate 125 mg/ml Oral Suspension in Oil
- Omeprazole Flavoured Suspension
- Potassium Bromide 250 mg/ml Oral Solution
- Povidone-Iodine Shampoo for Veterinary Use
- Phenobarbital 200 mg Chewable Treat
- Tetracycline 100 mg/ml Oral Suspension
- Triple Fish oral Suspension



Pain Management Compounding Ideas

Anesthetics before Laser Procedure

Lidocaine HCl 6% Tetracaine HCl 6% Benzocaine 4% Topical Gel
Lidocaine HCl 4% Tetracaine HCl 0.5% Epinephrine 0.05% Topical Gel

Fibromyalgia

Guaifenesin 2% and 10% in Lipoderm Base
Guaifenesin Capsules

General Pain

Ketoprofen 10%/Cyclobenzaprine HCl 2% Topical Lipoderm®
Ibuprofen 20%/Piroxicam 1%/Cyclobenzaprine HCl 1% Topical Lipoderm

Inflammatory Pain from Injury

Piroxicam 2% Topical Anhydrous Lipoderm®
Piroxicam 5% in Lipoderm® Transdermal Gel
Diclofenac Sodium 10% in Lipoderm® Transdermal Gel
Ketoprofen 10% Topical Lipoderm® (Pentylene Glycol)
Ibuprofen 20% in Lipoderm® Transdermal Gel

Multiple Sclerosis

Naltrexone HCl 0.5 mg Capsules Size #1

Neuropathic Pain

Amitriptyline HCl 2%/Baclofen 2% Topical Lipoderm®
Amitriptyline HCl 2% Baclofen 5% Ketamine HCl 5% Ketoprofen 10% in Topical Lipoderm®
Amitriptyline HCl 2% Clonidine 0.2% Ibuprofen 2% Guaifenesin 2% Ketamine 2% Ketoprofen 20% in Topical Lipoderm®
Baclofen 5% Gabapentin 5% Ketoprofen 10% Lidocaine 5% in Topical Lipoderm®
Gabapentin 6% Clonidine HCl 0.2% Ketamine 10% in Topical Anhydrous Lipoderm
Gabapentin 10%/Clonidine HCl 0.2%/Baclofen 1% in Topical Anhydrous Lipoderm

Rheumatoid Arthritis / Joint Pain

Ketoprofen 10% Topical Lipoderm®
Ketoprofen 20% in Lipoderm™ Transdermal Gel

Soft Tissue Inflammation

Ibuprofen 20% in Lipoderm® Transdermal Gel
Diclofenac Sodium 10% in Lipoderm® Transdermal Gel
Ibuprofen 20%/Piroxicam 1% Topical Lipoderm

Physiotherapy Compounding Ideas

Iontophoresis Solutions

Dexamethasone 0.4% Iontophoresis Solution (PF)
Dexamethasone 0.4%/Lidocaine HCl 4% Iontophoresis Solution (PF)
Gabapentin 6% Iontophoresis Solution
Ketoprofen 10% Iontophoresis Solution (PF)
Ketoprofen 0.4% Iontophoresis Solution (PF)
Ketoprofen 30% Iontophoresis Solution
Lidocaine HCl 4% Iontophoresis Solution (PF)

Phonophoresis Gels (Ultrasound)

Hydroxyethyl Cellulose 3% Aqueous Gel
Hydrocortisone 10% Ultrasound Gel

Podiatry Compounding Ideas

Nail Fungal Infections

Itraconazole 1%/ Ibuprofen 2% in DMSO Nail Polish
Fluconazole 1%/ DMSO Topical Solution

Circulation Problems

Nifedipine 4% Topical Lipoderm®
Pentoxifylline (5%, 10% & 15%) Lipoderm® Transdermal

Warts & Corns

Salicylic Acid 40% Ointment
Salicylic Acid 20% Lactic Acid 20% Trichloroacetic Acid in Flexible Collodion
Salicylic Acid 10% Podophyllum 10% Trichloroacetic Acid 10% Topical Solution
Salicylic Acid/Menthol Cream

Rough/Dry Feet

Urea 25% Topical Cream or Foam
Urea 20%/Lactic Acid 5% Topical Cream

Hyperhidrosis of the Feet (Sweaty Feet)

Glycopyrrolate 1% Topical Cream
Glycopyrrolate 0.5% Topical Solution (Roll – on Bottle)
Glycopyrrolate 1% Topical Lotion

Women's Health Compounding Ideas

Bio-identical hormone Replacement

See BHRT Compounding Ideas

Libido

Oxytocin 10 Units Base A Troche or 40 Units/ ml Nasal Spray
Sildenafil Citrate 1% Testosterone 0.1% Topical Cream (VersaBase®)
Sildenafil Citrate 2% Aminophylline 3%/Arginine HCl 6% Topical Cream (VersaBase®)
Sildenafil Citrate 1% Arginine HCl 11.7%/ Naltrexone HCl 0.817% Topical Cream
Sildenafil Citrate 1% Topical Cream
DHEA (Dehydroepiandrosterone) 15 mg/0.25 ml Topical Cream (VersaBase®)
Testosterone 1% Topical Cream

Vaginal Dryness

Estriol 0.05% Vaginal Cream
Vitamin E 200 u/mL Vaginal Cream
Vitamin E 200 IU Base MBK Vaginal Suppository

Bacterial Vaginosis

Metronidazole 125mg/ml / Nystatin 25,000 U/ml Vaginal Cream
Chlorhexidine Gluconate 0.5% Vaginal Gel
Acetic Acid 0.9% / Hydroquinoline 0.025% Vaginal Gel

Yeast (Candida) Infections

Boric Acid 600mg Base MBK Vaginal Suppository
Gentian Violet 0.1% Vaginal Gel

Weight Loss (HCG Diet)

Chorionic Gonadotropin 500 U Base A Troche
Chorionic Gonadotropin 500 U/Gm Topical Lipoderm
Chorionic Gonadotropin 125 U/0.1ml Sublingual Solution (PF)
Chorionic Gonadotropin 100 U/ 0.1ml Nasal Spray

