

Name: _____ Date of Birth: _____

FEMALE NEW PATIENT PACKAGE

The contents of this package are your first step to restoring your vitality. Please take time to read this carefully and answer all the questions as completely as possible.

Thank you for your interest in hormone optimization. In order to determine if you are a candidate for bioidentical hormone replacement, we need laboratory information and your medical history forms. We will evaluate your information prior to your consultation to determine if BioTE Method® of hormone replacement therapy can help you live a healthier life. Please complete the following tasks before your appointment: 2 weeks or more before

your scheduled consultation:

Get your blood lab drawn at the lab of your choice. If you have had labs drawn at another office in the last year, please get a copy of those results BEFORE your labs are drawn as insurance may not cover duplicate lab tests. We request the tests listed below. It is your responsibility to find out if your insurance company will cover the cost and which lab to use.

Your initial blood work panel MUST include the following tests but additional tests may be added if you have certain other symptoms or conditions:

Estradiol	_____
FSH	_____
Testosterone Total	_____
T3, Free	_____
T4, Total	_____
TSH	_____
TPO (Thyroid Peroxidase)	_____
CBC	_____
Complete Metabolic Panel	_____
Vitamin D, 25-Hydroxy	_____
Vitamin B12	_____
Lipid Panel (optional)	_____
Homocysteine (optional)	_____

Female post-insertion labs needed at 4 or 6 weeks based on your practitioner's choice:

FSH	_____
Testosterone Total	_____
Estradiol	_____
Free T3, TSH, T4 Total (only if you've been prescribed thyroid medication)	_____

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FEMALE HEALTH ASSESSMENT

Which of the following symptoms apply to you currently (in the last 2 weeks)? Please mark the appropriate box for each symptom. For symptoms that do not currently apply or no longer apply, mark "none".

Symptoms	Never (0)	Mild (1)	Moderate (2)	Severe (3)	Very Severe (4)
Hot flashes	☐	☐	☐	☐	☐
Sweating (night sweats or increased episodes of sweating)	☐	☐	☐	☐	☐
Sleep problems (difficulty falling asleep, sleeping through the night or waking up too early)	☐	☐	☐	☐	☐
Depressive mood (feeling down, sad, on the verge of tears, lack of drive)	☐	☐	☐	☐	☐
Irritability (mood swings, feeling aggressive, angers easily)	☐	☐	☐	☐	☐
Anxiety (inner restlessness, feeling panicky, feeling nervous, inner tension)	☐	☐	☐	☐	☐
Physical exhaustion (general decrease in muscle strength or endurance, decrease in work performance, fatigue, lack of energy, stamina or motivation)	☐	☐	☐	☐	☐
Sexual problems (change in sexual desire, sexual activity, orgasm and/or satisfaction)	☐	☐	☐	☐	☐
Bladder problems (difficulty in urinating, increased need to urinate, incontinence)	☐	☐	☐	☐	☐
Vaginal symptoms (sensation of dryness or burning in vagina, difficulty with sexual intercourse)	☐	☐	☐	☐	☐
Joint and muscular symptoms (joint pain or swelling, muscle weakness, poor recovery after exercise)	☐	☐	☐	☐	☐
Difficulties with memory	☐	☐	☐	☐	☐
Problems with thinking, concentrating or reasoning	☐	☐	☐	☐	☐
Difficulty learning new things	☐	☐	☐	☐	☐
Trouble thinking of the right word to describe persons, places or things when speaking	☐	☐	☐	☐	☐
Increase in frequency or intensity of headaches or migraines	☐	☐	☐	☐	☐
Hair loss, thinning or change in texture of hair	☐	☐	☐	☐	☐
Feel cold all the time or have cold hands or feet	☐	☐	☐	☐	☐
Weight gain or difficulty losing weight despite diet and exercise	☐	☐	☐	☐	☐
Dry or wrinkled skin	☐	☐	☐	☐	☐
Total score	_____				

Severity Score: Mild: 1-20 / Moderate: 21-40 / Severe: 41-60 / Very severe: 61-80

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HORMONE REPLACEMENT FEE ACKNOWLEDGMENT & INSURANCE DISCLAIMER

Preventative medicine and bioidentical hormone replacement is a unique practice and is considered a form of alternative medicine. Even though the physicians and nurses are board certified as medical doctors, nurses, nurse practitioners and/or physician assistants, insurance does not recognize bioidentical hormone replacement as necessary medicine BUT rather more like plastic surgery (aesthetic medicine). Therefore, bioidentical hormone replacement is not covered by health insurance in most cases.

Insurance companies are not obligated to pay for our services (consultations, insertions or pellets, or blood work done through our facility). We require payment at time of service and, if you choose, we will provide a form to send to your insurance company with a receipt showing that you paid out of pocket. WE WILL NOT, however, communicate in any way with insurance companies.

This form and your receipt are your responsibility and serve as evidence of your treatment. We will not call, write, pre-certify, appeal nor make any contact with your insurance company. If we receive a check from your insurance company, we will not cash it but will return it to the sender. Likewise, we will not mail it to you. We will not respond to any letters or calls from your insurance company.

For patients who have access to Health Savings Account, you may pay for your treatment with that credit or debit card. Some of these accounts require that you pay in full ahead of time, however, and request reimbursement later with a receipt and letter. This is the best idea for those patients who have an HSA as an option in their medical coverage. It is your responsibility to request the receipt and paperwork to submit for reimbursement.

New Patient Office Visit Fee	\$.....
Female Hormone Pellet Insertion Fee	\$.....
Male Hormone Pellet Insertion Fee	\$.....

We accept the following forms of payment:

.....

Patient Signature: _____ Date: _____

Name: _____ Date of Birth: _____

FEMALE LETTER OF NECESSITY FOR PELLET THERAPY

To Whom It May Concern:

Pellets are derived from natural plant-based ingredients. They are formulated in specialized 503B compounding pharmacies and possess the exact hormonal structure of the human hormones: testosterone and/or estradiol (estrogen). These pellets, once implanted, secrete hormones in tiny amounts into the bloodstream constantly. No other form of hormone delivery, whether capsules, pills, creams, or patches can produce the consistent blood level of testosterone and/or estradiol that pellets can. Pellet therapy is the only method of hormone therapy that gives sustained and consistent hormone levels throughout the day, for 3 to 4 months, without a “roller coaster” effect. Other forms of therapy simply cannot deliver such steady hormone levels.

The dosages are individualized to the patient, taking into consideration her current and past medical history as well as prior experience with other forms of therapy, current medications, etc. No other form of therapy has unique dosages which can be tailored to each individual patient to suit her special needs.

The above patient was seen in my office and was diagnosed with low testosterone and/or menopausal disorder. Her lab values indicate significant androgen and/or estrogen deficiency. Prior to pellet therapy, the patient experienced decreased libido, decreased energy, mood swings, anxiety, poor memory, no mental clarity, and lethargy. Pellet therapy helps alleviate these symptoms and help improve her quality of life both physically and mentally and has benefited her overall well-being.

Please honor her request for reimbursement.

Sincerely,

Doctor or Clinic Name

Name: _____ Date of Birth: _____

HIPAA INFORMATION AND CONSENT FORM

The Health Insurance Portability and Accountability Act (HIPAA) provides safeguards to protect your privacy. Implementation of HIPAA requirements officially began on April 14, 2003. Many of the policies have been our practice for years. This form is a “friendly” version. A more complete text is posted in the office.

What this is all about: Specifically, there are rules and restrictions on who may see or be notified of your Protected Health Information (PHI). These restrictions do not include the normal interchange of information necessary to provide you with office services. HIPAA provides certain rights and protections to you as the patient. We balance these needs with our goal of providing you with quality professional service and care. Additional information is available from the U.S. Department of Health and Human Services. www.hhs.gov

We have adopted the following policies:

1. Patient information will be kept confidential except as is necessary to provide services or to ensure that all administrative matters related to your care are handled appropriately. This specifically includes the sharing of information with other health-care providers, laboratories, health insurance payers as is necessary and appropriate for your care. Patient files may be stored in open file racks and will not contain any coding which identifies a patient's condition or information which is not already a matter of public record. The normal course of providing care means that such records may be left, at least temporarily, in administrative areas such as the front office, examination room, etc. Those records will not be available to persons other than office staff. You agree to the normal procedures utilized within the office for the handling of charts, patient records, PHI, and other documents or information.
2. It is the policy of this office to remind patients of their appointments. We may do this by telephone, e-mail, U.S. mail, or by any means convenient for the practice and/or as requested by you. We may send you other communications informing you of changes to office policy and new technology that you might find valuable or informative.
3. The practice utilizes a number of vendors in the conduct of business. These vendors may have access to PHI but must agree to abide by the confidentiality rules of HIPAA.
4. You understand and agree to inspections of the office and review of documents which may include PHI by government agencies or insurance payers in normal performance of their duties.
5. You agree to bring any concerns or complaints regarding privacy to the attention of the office manager or the doctor.
6. Your confidential information will not be used for the purposes of marketing or advertising of products, goods, or services.
7. We agree to provide patients with access to their records in accordance with state and federal laws.
8. We may change, add, delete, or modify any of these provisions to better serve the needs of both the practice and the patient.
9. You have the right to request restrictions in the use of your protected health information and to request change in certain policies used within the office concerning your PHI. However, we are not obligated to alter internal policies to conform to your request.

I do hereby consent and acknowledge my agreement to the terms set forth in the HIPAA INFORMATION FORM and any subsequent changes in office policy. I understand that this consent shall remain in force from this time forward.

Print Name: _____

Signature: _____

Date: _____

Name: _____ Date of Birth: _____

FEMALE PATIENT QUESTIONNAIRE & HISTORY

Name: _____ Date: _____

Date of Birth: _____ Age: _____ Weight: _____ Occupation: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Work: _____

Preferred Contact Number: _____

May we send messages via text regarding appointments to your cell? ☐ YES ☐ NO

Email Address: _____ May we contact you via email? ☐ YES ☐ NO

In Case of Emergency Contact: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____ Work: _____

Primary Care Physician's Name: _____ Phone: _____

Address: _____

Marital Status (check one): ☐ Married ☐ Divorced ☐ Widow ☐ Living with Partner ☐ Single

In the event we cannot contact you by the means you have provided above, we would like to know if we have permission to speak to your spouse or significant other about your treatment. By giving the information below, you are giving us permission to speak with your spouse or significant other about your treatment.

Social:

- | | | | |
|--|----|--|--|
| ☐ I am sexually active. | OR | ☐ I want to be sexually active. | ☐ I do not want to be sexually active |
| ☐ I have completed my family. | OR | ☐ I have NOT completed my family. | |
| ☐ My sex life has suffered. | OR | ☐ I have not been able to have an orgasm or it is very difficult. | |

Habits:

- | | | |
|--|---|--|
| ☐ I smoke cigarettes or cigars _____ per day. | ☐ I use e-cigarettes _____ a day | ☐ I use caffeine _____ a day. |
| ☐ I drink alcoholic beverages _____ per week. | ☐ I drink more than 10 alcoholic beverages a week. | |

Name: _____ Date of Birth: _____

FEMALE PATIENT QUESTIONNAIRE & HISTORY CONTINUED

Female Medical History

Any known drug allergies: _____

Have you ever had any issues with local anesthesia? ☐ Yes ☐ No

If yes, please explain: _____ Do you have a latex allergy? ☐ Yes ☐ No

Medications Currently Taking: _____

Current Hormone Replacement Therapy: _____

Past Hormone Replacement Therapy: _____

Nutritional/Vitamin Supplements: _____

Surgeries, list all and when: _____

Last menstrual period (estimate year if unknown): _____

Other Pertinent Information: _____

Preventative Medical Care:

☐ Medical/GYN exam in the last year.

☐ Mammogram in the last 12 months.

☐ Bone density in the last 12 months.

☐ Pelvic ultrasound in the last 12 months.

Pertinent Medical/Surgical History:

☐ Breast cancer

☐ Fibrocystic breast or breast pain

☐ Uterine cancer

☐ Uterine fibroids

☐ Ovarian cancer

☐ Irregular or heavy periods

☐ Polycystic ovaries/PCOS

☐ Menstrual migraines

☐ Acne

☐ Hysterectomy with removal of ovaries

☐ Excess facial/body hair

☐ Partial hysterectomy (uterus only)

☐ Infertility

☐ Oophorectomy removal of ovaries only

☐ Endometriosis

☐ Epilepsy or seizures

Birth Control Method:

☐ Menopause

☐ Hysterectomy

☐ Tubal ligation

☐ Birth control pills

☐ Vasectomy

☐ IUD

☐ Infertility

☐ Other _____

Name: _____ Date of Birth: _____

FEMALE PATIENT QUESTIONNAIRE & HISTORY CONTINUED

Medical Illnesses:

- | | | |
|---|--|---|
| ☐ High blood pressure | ☐ Any form of hepatitis or HIV | ☐ Chronic liver disease
(hepatitis, fatty liver, cirrhosis) |
| ☐ Heart bypass | ☐ Lupus or other autoimmune
disease | ☐ Diabetes |
| ☐ High cholesterol | ☐ Frequent blood donation or
history of anemia | ☐ Thyroid disease |
| ☐ Hair thinning | ☐ Fibromyalgia | ☐ Arthritis |
| ☐ Heart disease | ☐ Chronic kidney disease | ☐ Depression/anxiety |
| ☐ Stroke and/or heart attack | ☐ Dialysis | ☐ Psychiatric disorder |
| ☐ Blood clot, DVT and/or
a pulmonary embolism | | ☐ Cancer (type): _____ |
| ☐ Heart arrhythmia or atrial
fibrillation | | Year: _____ |

Name: _____ Date of Birth: _____

PELLET INSERTION CONSENT FORM IN FEMALES

My physician/practitioner has recommended bioidentical hormone therapy delivered by a pellet inserted under my skin for treatment of symptoms I am experiencing related to low hormone levels. The following information has been explained to me prior to receiving the recommended therapy.

OVERVIEW

Bioidentical hormones are hormones that are biologically identical to that made in my own body. The levels of active estradiol and/or testosterone made by my body have decreased, and therapy using these hormones may have the same or similar effect(s) on my body as my own naturally produced hormones. The pellets are a delivery mechanism for estradiol and/or testosterone, and bioidentical hormone replacement therapy using pellets has been used since the 1930's. There are other formulations of estradiol and testosterone replacement available, and different methods can be used to deliver the therapy. There are no commercially available forms of testosterone, however, that are formulated specifically for use in women. The risks associated with pellet therapy are generally similar to other forms of replacement therapy using bioidentical hormones.

PELLET ACTIVE INGREDIENTS

I understand that (please initial by the appropriate statement):

_____ I am receiving pellets today that contain testosterone only.

_____ I am receiving pellets today that contain estradiol and testosterone.

_____ I am receiving pellets today that contain testosterone and anastrozole.

RISKS/COMPLICATIONS OF TESTOSTERONE

Risks associated with pellet insertion may include: bleeding from incision site, bruising, fever, infection, pain, swelling, pellet extrusion which may occur several weeks or months after insertion, reaction to local anesthetic and/or preservatives, allergy to adhesives from bandage(s), steri strips or other adhesive agents.

Some individuals may experience one or more of the following complications with testosterone: acne, abnormal bleeding or a change in menstrual cycle (if patient has a uterus), anxiety, breast or nipple tenderness or swelling, insomnia, depression, mood swings, fluid and electrolyte disturbances, headaches, increase in body hair, fluid retention or swelling, mood swings or irritability, rash, redness, itching, lack of effect (typically from lack of absorption), transient increase in cholesterol, nausea, retention of sodium, chloride and/or potassium, weight gain or weight loss, thinning hair or female pattern baldness, hypersexuality (overactive libido) or decreased libido, overproduction of estrogen (called aromatization) or an increase in red blood cell formation or blood count (erythrocytosis). The latter can be diagnosed with a blood test called a complete blood count (CBC). This test should be done at least annually. Erythrocytosis can be reversed simply by donating blood periodically, but further workup or referral may be required if a more worrisome condition is suspected.

If you are planning to start or expand your family soon, please talk to your provider about other options.

RISKS/COMPLICATIONS OF ESTRADIOL

(ONLY APPLICABLE IF RECEIVING ESTRADIOL IN THE PELLETS)

The side-effects of estradiol are similar to those listed above for

testosterone. Additionally, there is some risk, even when using bioidentical hormones, that estrogens may cause existing cases of some breast cancers to grow more rapidly. This risk may also apply to some undiagnosed forms of breast cancer.

Using estrogen-alone (without progesterone) may increase the chance of getting cancer of the uterus. Endometrial sampling (biopsy) or surgery may be required if abnormal bleeding occurs.

Please initial if you are postmenopausal, have a uterus, and are getting estradiol

_____ I understand that I have a uterus and am receiving postmenopausal dosing of estradiol. I agree to take progesterone as directed by my health care provider while receiving estradiol.

RISKS/COMPLICATIONS OF ANASTROZOLE (ONLY APPLICABLE IF RECEIVING ANASTROZOLE IN THE PELLETS)

Anastrozole is a type of medication called an aromatase inhibitor. Aromatase inhibitors limit or prevent the conversion of testosterone into estrogen. Aromatase inhibitors can be used for a variety of conditions but are most commonly used in patients with a history of estrogen receptor positive breast cancer.

Anastrozole should not be used in pregnant women and should be used with caution in women with pre-existing ischemic heart disease. Anastrozole in pellets should not be given to premenopausal women nor to women taking oral aromatase inhibitors (anastrozole or letrozole) or selective estrogen receptor modulators (tamoxifen or raloxifene).

The amount of anastrozole used in pellets is very low. The most common side-effects for women taking anastrozole are hot flashes, joint pain, and muscle pain. Because of the low dose in the pellet, these effects are not usually seen with this type of therapy, however.

CONSENT FOR TREATMENT:

I agree to immediately report any adverse reactions or problems that may be related to my therapy to my physician or health care provider's office, so that it may be reported to the manufacturer. Potential complications have been explained to me, and I acknowledge that I have received and understand this information, including the possible risks and potential complications and the potential benefits. I also acknowledge that the nature of bioidentical therapy and other treatments have been explained to me, and I have had all my questions answered. I understand that follow-up blood testing will be necessary four (4) weeks after my initial pellet insertion and then at least one time annually thereafter. I also understand that although most patients will receive the correct dosage with the first insertion, some may require dose changes. I understand that my blood tests may reveal that my levels are not optimal which would mean I may need a higher or lower dose in the future. Furthermore, I have not been promised or guaranteed any specific benefits from the insertion of testosterone pellets. I have read or have had this form read to me.

I accept these risks and benefits, and I consent to the insertion of testosterone pellets under my skin performed by my **physician/nurse practitioner/physician's assistant** (circle one). This consent is ongoing for this and all future insertions in this facility until I am no longer a patient here, but I do understand that I can revoke my consent at any time. I have been informed that I may experience any of the complications to this procedure as described above.

Print Name: _____

Signature: _____

Date: _____

Witness Name: _____

Signature: _____

Date: _____

Name: _____ Date of Birth: _____

OFFICE USE ONLY – INITIAL PELLET INSERTION FORM FEMALE

Name: _____ Date: _____

Age: _____ Height: _____ Weight: _____ Blood Pressure: _____ Temperature: _____

Current Medications:

Surgery/Past Medical History: ☐ TBD ☐ GDS

Symptoms:

Name: _____ Date of Birth: _____

OFFICE USE ONLY – INITIAL PELLET INSERTION FORM FEMALE CONTINUED

Lab results:

FSH: _____ Estradiol: _____ Total Testosterone: _____ Vit D: _____ Vit B12: _____

TSH: _____ Free T3: _____ Total T4: _____ TPO: _____ CBC: _____ Chem Panel: _____

Total Chol: _____ LDL: _____ HDL: _____ Triglycerides: _____

Procedure note:

This patient presents today for hormone pellets. The procedure, risks, benefits and alternatives were explained to the patient. Questions were answered and a consent form for the insertion of testosterone +/- estradiol pellet implants was signed. An area in the hip was prepped with alcohol swabs. 1% Lidocaine with epinephrine and sodium bicarbonate was injected to anesthetize the area. A small transverse incision was made using a #11 blade. The trocar with cannula was passed through the incision into the subcutaneous tissue. Sterile pellet(s) were inserted through the cannula into the subcutaneous tissue. Bleeding was minimal. Steri-strips were applied. A gauze and dressing were applied. The patient tolerated the procedure well. Postoperative instructions were reviewed, and a copy was given to the patient.

Treat with:

1. Testosterone: _____ mg Testosterone Lot #: _____
2. Estradiol: _____ mg Estradiol Lot #: _____
3. Progesterone: _____ mg CYCLE or CONTINUOUS (circle one) _____
4. DIM SGS+: _____ ADK 5 or ADK 10: _____
Probiotic: _____ Methyl Factors +: _____
5. Thyroid RX: _____ mg daily Iodine+: _____
Omega3 + _____ CoQ10: _____
6. Other: _____

Pellets used are as follows:

Insertion Site:

☐ Left Hip ☐ Right Hip

LABS: ☐ Due in 6 weeks ☐ UTD ☐ Labs due to prior insertion

MAMM: ☐ Due before next pellet insertion ☐ UTD

Yearly: ☐ Due before next pellet insertion ☐ UTD

Name: _____ Date of Birth: _____

OFFICE USE ONLY – INITIAL PELLET INSERTION FORM FEMALE CONTINUED

Lab results:

FSH: _____ Estradiol: _____ Total Testosterone: _____ Vit D: _____ Vit B12: _____

TSH: _____ Free T3: _____ Total T4: _____ TPO: _____ CBC: _____ Chem Panel: _____

Total Chol: _____ LDL: _____ HDL: _____ Triglycerides: _____

Procedure note:

This patient presents today for hormone pellets. The procedure, risks, benefits and alternatives were explained to the patient. Questions were answered and a consent form for the insertion of testosterone +/- estradiol pellet implants was signed. An area in the hip was prepped with alcohol swabs. 1% Lidocaine with epinephrine and sodium bicarbonate was injected to anesthetize the area. A small transverse incision was made using a #11 blade. The trocar with cannula was passed through the incision into the subcutaneous tissue. Sterile pellet(s) were inserted through the cannula into the subcutaneous tissue. Bleeding was minimal. Steri-strips were applied. A gauze and dressing were applied. The patient tolerated the procedure well. Postoperative instructions were reviewed, and a copy was given to the patient.

Treat with:

1. Testosterone: _____ mg Testosterone Lot #: _____
2. Estradiol: _____ mg Estradiol Lot #: _____
3. Progesterone: _____ mg CYCLE or CONTINUOUS (circle one) _____
4. DIM SGS+: _____ ADK 5 or ADK 10: _____
Probiotic: _____ Methyl Factors +: _____
5. Thyroid RX: _____ mg daily Iodine+: _____
Omega3 + _____ CoQ10: _____
6. Other: _____

Pellets used are as follows:

Insertion Site:

☐ Left Hip ☐ Right Hip

LABS: ☐ Due in 6 weeks ☐ UTD ☐ Labs due to prior insertion

MAMM: ☐ Due before next pellet insertion ☐ UTD

Yearly: ☐ Due before next pellet insertion ☐ UTD

Name: _____ Date of Birth: _____

OFFICE USE ONLY – REPEAT PELLET INSERTION FORM FEMALE

Name: _____ Date: _____

Symptoms/Notes:

Procedure Report:

This patient presents today for hormone pellets. The procedure, risks, benefits and alternatives were explained to the patient. Questions were answered and a consent form for the insertion of testosterone +/- estradiol pellet implants was signed. An area in the hip was prepped with alcohol swabs. 1% Lidocaine with epinephrine and sodium bicarbonate was injected to anesthetize the area. A small transverse incision was made

using a #11 blade. The trocar with cannula was passed through the incision into the subcutaneous tissue. Sterile pellet(s) were inserted through the cannula into the subcutaneous tissue. Bleeding was minimal. Steri-strips were applied. A gauze and dressing were applied. The patient tolerated the procedure well. Postoperative instructions were reviewed, and a copy was given to the patient.

Estradiol: _____ mg Testosterone: _____ mg Testosterone Lot #: _____

Insertion Site ☐ Left Hip ☐ Right Hip ☐ Other _____

LABS: ☐ Due in 6 weeks ☐ UTD ☐ Yearly labs prior to next pellet insertion

MAMM: ☐ Due prior to next pellet insertion ☐ UTD

Yearly: ☐ Due prior to next pellet insertion ☐ UTD

Name: _____ Date of Birth: _____

POST-INSERTION INSTRUCTIONS FOR WOMEN

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage any time after 24 hours. It must be removed as soon as it gets wet. The inner layer (usually a steri strip) should be removed in 3 days.
- **Do not take tub baths or get into a hot tub or swimming pool for 3-4 days.** You may shower tomorrow, however.
- No heavy lifting or major exercises for the incision area for the next 3-4 days, which includes running, elliptical, squats, lunges, etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.
- The insertion site may be uncomfortable for up to 2 to 3 weeks. If there is itching or redness you may take Benadryl for relief (25 to 50 mg orally every 6 hours). Caution: this can cause drowsiness!
- You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days up to 2 to 3 weeks.
- You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.
- Please call if you have any bleeding not relieved with pressure (not oozing), as this is NOT normal.
- Please call if you have any pus coming out of the insertion site, as this is NOT normal.

REMINDERS:

- **Remember to have your post-insertion blood work done 6 weeks after your FIRST insertion.** If you are not feeling any better by 4 weeks, however, please call the office to have your labs drawn early.
- Most women will need re-insertion of their pellets 3-4 months after their initial insertion. If you experience symptoms prior to this, please call the office.
- Please call as soon as symptoms that were relieved from the pellets start to return to make an appointment for your next insertion.

ADDITIONAL INSTRUCTIONS:

I ACKNOWLEDGE THAT I HAVE RECEIVED A COPY AND UNDERSTAND THE INSTRUCTIONS ON THIS FORM.

Print Name: _____

Signature: _____

Date: _____

Name: _____ Date of Birth: _____

WHAT MIGHT OCCUR AFTER A PELLET INSERTION (FEMALE)

A significant hormonal transition will occur in the first four weeks after the insertion of your hormone pellets. Therefore, certain changes might develop that can be bothersome.

- **INFECTION:** Is possible with any type of procedure. Infection is uncommon with pellet insertion and occurs in <0.5 to 1%. If redness appears and seems to worsen (rather than improve), is associated with severe heat and/or pus, please contact the office. Warm compresses are helpful, but a prescription antibiotic may also be needed.
- **PELLET EXTRUSION:** Pellet extrusion is uncommon and occurs in < 5% of procedures. If the wound becomes sore again after it has healed, begins to ooze or bleed or has a blister-type appearance, please contact the office. Warm compresses may help soothe discomfort.
- **ITCHING or REDNESS:** Itching or redness in the area of the incision and pellet placement is common. If you have a reaction to the tape, please apply hydrocortisone 2-3 times per day to the rash. If redness becomes firm or starts to spread after the first few days, you will need to contact the office
- **FLUID RETENTION/WEIGHT GAIN:** Testosterone stimulates the muscle to grow and retain water which may result in a weight change of two to five pounds. This is only temporary. This happens frequently with the first insertion, and especially during hot, humid weather conditions.
- **SWELLING of the HANDS & FEET:** This is common in hot and humid weather. It may be treated by drinking lots of water, reducing your salt intake, or by taking a mild diuretic, which the office can prescribe.
- **UTERINE SPOTTING/BLEEDING/IRREGULAR PERIODS:** This may occur in the first few months after an insertion, especially if you have been prescribed progesterone and are not taking properly: i.e. missing doses, or not taking a high enough dose. Please notify the office if this occurs. Bleeding is not necessarily an indication of a significant uterine problem. More than likely, the uterus may be releasing tissue that needs to be eliminated. This tissue may have already been present in your uterus prior to getting pellets and is being released in response to the increase in hormones.
- **MOOD SWINGS/IRRITABILITY:** These may occur if you were quite deficient in hormones. These symptoms usually improve as hormone levels improve. 5HTP can be helpful for this temporary symptom and can be purchased at many health food stores.
- **HAIR LOSS:** Is rarely due to pellets but can occur in some patients who convert testosterone to DHT. Dosage adjustment generally reduces or eliminates the problem. Prescription medications may be necessary in rare cases. Workup for other causes may also be needed.
- **FACIAL BREAKOUT:** Some pimples may arise if the testosterone levels are either too low or rise rapidly. This lasts a short period of time and can be handled with a good face cleansing routine, astringents and toner. If these solutions do not help, please call the office for suggestions and possibly prescriptions.
- **HAIR GROWTH:** Testosterone may stimulate some growth of hair on your chin, chest, nipples and/or lower abdomen. This tends to be hereditary. Fine, vellous hairs or "peach fuzz" often occurs but is not thick nor coarse. You may also have to shave your legs and arms more often. Dosage adjustment generally reduces or eliminates the problem.
- **BREAST TENDERNESS or SWELLING:** This usually occurs most commonly in the first round of pellets but does not usually continue thereafter. DIM 1 capsule daily is helpful in preventing this, but the dose may be increased to 2-3 daily, if needed. Evening primrose oil (available in our office) is helpful as is Iodine Plus if this occurs.
- **ELEVATED RED CELL COUNT (most common in men):** Testosterone may stimulate growth in the bone marrow of the red blood cells. This condition is called erythrocytosis. Erythrocytosis may also occur in some patients independent of any treatments or medications. If your blood count goes too high, you may be asked to see a blood specialist called a hematologist to make sure there is nothing worrisome found. If there is no cause, the testosterone dose may have to be decreased.
- **HIGH or LOW HORMONES LEVELS:** The majority of the time, we administer the hormone dosage that is best for each patient, however, every patient breaks down and uses hormones differently. Most patients will have the correct dosage the first insertion, but some patients may require dosage changes and blood testing. If your blood levels are low, results are not optimal and it is not too far from the original insertion, we may suggest you return so we can administer additional pellets or a "boost" (at no charge). This would require blood work to confirm. On the other hand, if your levels are high, we can treat the symptoms (if you are having any) by supplements and/or prescription medications. The dosage will be adjusted at your next insertion.

I ACKNOWLEDGE THAT I HAVE RECEIVED A COPY AND UNDERSTAND THE INSTRUCTIONS ON THIS FORM.

Print Name: _____

Signature: _____

Date: _____

Name: _____ Date of Birth: _____

FEMALE TREATMENT PLAN

- The following medications or supplements are recommended in addition to your pellet therapy.
- It is best to take these vitamins and/or supplements after eating.
- **If you are currently taking estrogen replacement, please stop after 3 days; if you are using another form of testosterone, please stop after 7 days.**

SUPPLEMENTS: These may be purchased in our office. When you run out, they can be mailed to you for your convenience. For best results, please take the supplements recommended for you.

- _____ DIM SGS+ Take 1 daily
- _____ ADK 5 (vitamins A, D3 and K2) 1 daily or as directed
- _____ ADK 10 (vitamins A, D3 and K2) 1 daily or as directed
- _____ Multi-Strain Probiotic 20 B Take 1-2 weekly then slowly increase to 1 daily or as directed
- _____ Bacillus coagulans 1 daily or as directed
- _____ Methyl Factors+ 1 daily or as directed
- _____ Arterosil 1 capsule twice daily; 1 capsule 3 times daily if treating diabetic neuropathy
- _____ Iodine+ start by taking 2-3x weekly and gradually increase to daily dosing; start iodine about 4 weeks after your first round of pellets
- _____ Curcumin SF Take 1-2 twice daily
- _____ Omega3 + CoQ10 Take _____

PRESCRIPTIONS: These have been called into your preferred pharmacy

_____ Progesterone _____ 200 mg generic OR _____ 225 mg compounded OR _____ 100 mg cmpd sublingual

If you are POSTMENOPAUSAL, have a uterus, and received estrogen replacement, please do not skip doses of progesterone as it can result in vaginal bleeding or an increased risk for endometrial cancer.

- _____ NP Thyroid _____ mg every morning on an empty stomach; wait 30 minutes before putting anything else on your stomach including coffee, food, or other medications. Please wait until after lunch or dinner to take vitamins or supplements. _____ Sample given
- _____ Wean off Synthroid/levothyroxine: alternate your desiccated thyroid (NP Thyroid or Armour) every other day with Synthroid/levothyroxine for 3 weeks then go to every day on your desiccated thyroid.
- _____ Spironolactone 100 mg daily; start with 1/2 tablet daily and increase slowly to daily use in AM.
- _____ Other _____
- _____ Wean off your antidepressant (see wean protocol) _____ (other) _____

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Print Name: _____

Signature: _____

Date: _____

Name: _____ Date of Birth: _____

REQUEST TO RESTRICT DISCLOSURE TO HEALTH PLAN

Authorized by Section 13405(a) of the HITECH Act

I, _____,

request that my treating provider(s) and clinic (listed above) not disclose my protected health information (PHI) to my health plan or other third party insurance carrier. Pursuant to Section 13405(a) of the HITECH Act, I understand I have the right to request restrictions on whether the Practice discloses my protected health information (PHI) with my health plan and the Practice is required to agree to my request unless the information is required to be disclosed to my health plan to comply with the law.

The records of the restricted services/items listed below ("Restricted Services/Items") will not be released or billed to my health plan or other third party insurance carrier for the purposes of payment or health care operations. I understand I am financially responsible for these Restricted Services/Items and will pay out-of-pocket, in full, at the time of service in order for the Practice to accept this restriction request.

REQUESTED RESTRICTION:

Services/Items to be restricted: _____ subcutaneous pellet hormone replacement _____

Total Charge Amount (or estimated amount): \$ _____ per treatment/per month (circle one)

Other: _____

I understand that I am responsible personally for full charges when finalized.

Patient name (please print): _____

Signature: _____

Date: _____

PRACTICE USE ONLY:

Witness name (please print): _____

Signature: _____

Date: _____

Name: _____ Date of Birth: _____

ANTIDEPRESSANT WEAN PROTOCOL

If you are taking an SSRI or SNRI antidepressant such as Prozac, Zoloft, Lexapro, Pristiq, Effexor, Viibryd, the generic equivalents or others and have NOT had long-term issues with generalized anxiety disorder, bipolar or major depressive disorders, you may be able to slowly wean off of your antidepressants. We recommend you wean off of these slowly as soon as you start to feel better with your pellets. This is usually after about 4 weeks and only if you are feeling better and ready to start the weaning process.

These antidepressants have many side effects. You can feel tired, sleepy, have weight gain or difficulty achieving an orgasm (to name few) which is everything we are trying to improve. It is very difficult for the pellet therapy to have adequate results in some patients who are still on these medications.

You are NOT deficient in these antidepressant medications. You are deficient in hormones. As we restore your hormone levels to normal with pellets, your symptoms of anxiety and/or depression should be relieved naturally. You should be able to wean off your antidepressant.

Go slowly -- especially if you have been taking them for a while. While taking an SSRI or SNRI, your brain relies on these medications to get serotonin (the calming, feel good hormone) and doesn't make its own. If you stop your medication abruptly, you can go through withdrawals. Symptoms of abrupt cessation may include headache, GI distress, faintness, body aches, chills, and strange sensations of vision or touch. Some patients withdrawing from Effexor may describe the feelings of "electric shocks". You may also experience depression or anxiety symptoms returning. When you wean slowly, your brain has time to catch up, wake up, and start making its own serotonin again.

If you are on a high-dose or capsule, you may have to request a lower dose to use in the transition.

WE RECOMMEND THE FOLLOWING PROTOCOL TO HELP:

1. Take your pill every other day for 2 weeks.
2. Then every 3 days for 2 weeks.
3. Then every 4 days for 2 weeks and so on until you are down to one a week, then STOP.

If at any point you feel badly or "off", go back to the lowest dose you felt good on and take the wean a bit slower. If you are on a high dose of the medication, you may need an additional prescription for a lower strength so you can slowly transition from the higher to the lower strength and then wean as described above.