



PUR·FORM

Women's Bioidentical Hormone Replacement Therapy

Welcome To The *Future* of Your Health

Women's BHRT Starter Guide

What to expect, administration instructions & tips to make the most out of your program.

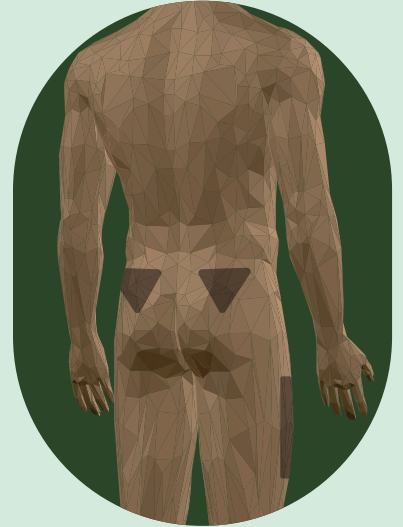
BHRT Administration Instructions



Injectable Medications

- Check the label. Make sure you have the right medicine.
- Check the date on the vial. DO NOT use medicine that is out of date.
- DO NOT use medication if it has been prescribed to someone else.
- Remove the circular foil from the center top of the vial lid. DO NOT remove the cap from the vial.
- Wipe the rubber top clean with an alcohol pad.
- Fill the syringe with the dose provided by your provider.
- Choose an injection area. Please reference your personalized care plan.
- Wipe the area with an alcohol pad.
- Gently pinch the area you want to inject between your index finger and thumb and with the other hand insert the insulin syringe and inject the medication.

Intramuscular Injection Area



Upper glutes & quads

Oral Medications

- Take tablets according to your personalized care plan.

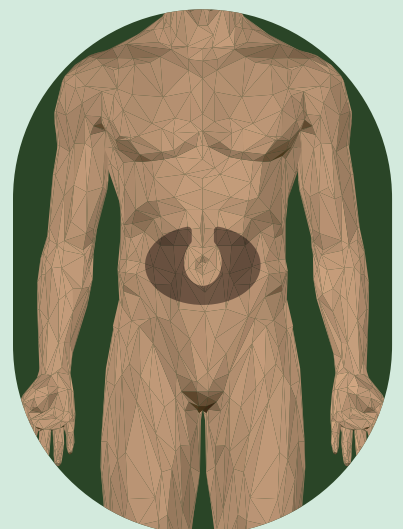
Cream Medication

- Wash hands thoroughly before and after application.
- Apply to clean, dry skin on the inner thigh. (Alternate sides daily to reduce risk of skin irritation)
- Gently massage the cream into skin until fully absorbed .
- Avoid washing the application site for at least 6 hours after application.

Patch Medication

- Carefully open the pouch.
- Choose application area. (The lower abdomen avoiding the waistline where clothing could remove the patch or the upper quadrant of the glute)
- Ensure the area is clean, dry and free of any lotions or powders.
- Apply the patch.

SubQ Injection Area



Abdomen
(one inch away from
the navel)



Reduced Symptoms of Hormonal Imbalances

Hot Flashes & Night Sweats

Sudden intense feelings of heat & sweating, often disrupting sleep & daily activities.

Mood & Energy Changes

Hormonal imbalances often trigger unexpected emotional swings, anxiety & depression.

Sleep Disturbances

Disrupted sleep patterns and night sweats leading to chronic fatigue & exhaustion.

Weight Changes

Hormonal shifts can cause unexpected weight gain & difficulty maintaining healthy body composition.

Low Libido

Decreased hormone levels often result in reduced sex drive and diminished intimacy.

Vaginal Health

Hormonal changes can cause uncomfortable dryness and impact intimate wellness.

Brain Fog

Declining hormone levels frequently lead to reduced mental clarity and memory issues.

Bone & Joint Health

Lower hormone levels can affect bone density and joint flexibility over time.

Improved Health & Quality of Life

Body Composition

- Easier weight management
- Enhanced muscle tone
- Improved metabolism
- Better energy levels

Intimate Wellness

- Improved libido
- Enhanced comfort
- Better satisfaction
- Increased confidence

Skin & Hair

- Increased skin elasticity
- Increased collagen
- Improved hair thickness
- Better skin hydration

Brain

- Enhanced mental clarity
- Improved memory
- Better emotional balance
- Reduced anxiety

Heart & Bones

- Improved cardiovascular health
- Enhanced bone density
- Better joint mobility
- Reduced osteoporosis risk

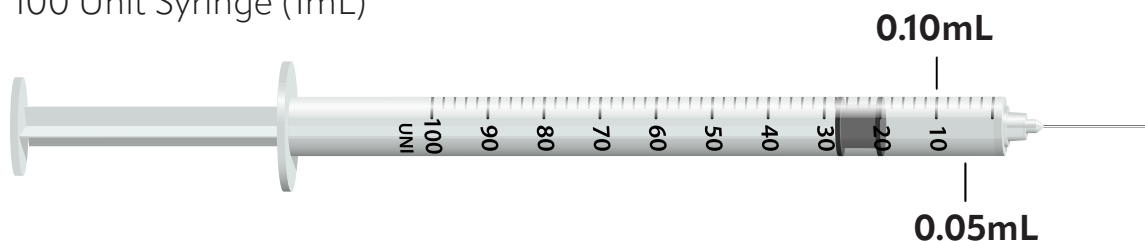
How to Read an Insulin Syringe



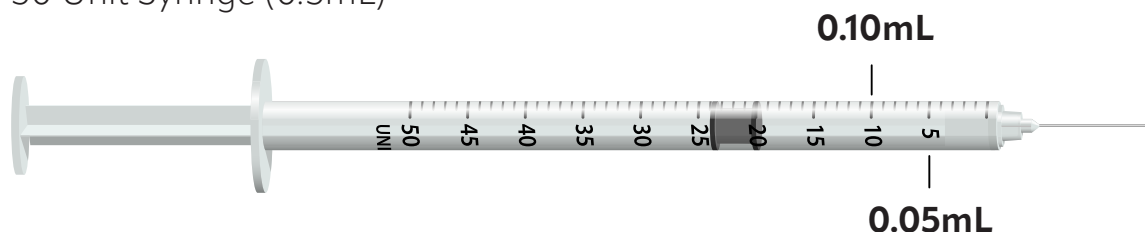
Though knowing how to read an insulin syringe isn't very difficult, it does require you to keep in mind certain points. Here's all you need to know about how to read an insulin syringe:

- The larger the syringe size, the more medication it can hold.
- When choosing a syringe, consider the number of units you require and how clearly visible the markings on the barrel are. It must be noted that the markings on the barrel of smaller syringes are set further apart and easily visible.
- Most scales on the barrel are in ml (milliliters). A 0.50 ml syringe holds 50 units while a 1.00 ml size syringe holds 100 units.
- In order to prepare the required dose of medication, the plunger must be pulled down to draw air into the syringe. It must be borne in mind that the quantity of air inside the syringe must be the same as the number of units of medication needed for the injection.
- Before measuring the correct number of units, make sure to check for any bubble in the syringe. Bubbles should be removed by gently tapping on the syringe.
- When measuring the amount of solution, always read from the top ring i.e. needle side, not the bottom ring or the section that is raised in the middle of the plunger.
- **When measuring an amount that is not exactly marked by the dash lines on the syringe, you may have to count between the lines.**

100 Unit Syringe (1mL)



50 Unit Syringe (0.5mL)



Subcutaneous Injections

What is a subcutaneous injection?

Subcutaneous injections (also known as SQ or Subq) target the fatty tissue just beneath the skin, offering a convenient and effective way to administer medications. Common injection sites include the abdomen, upper thigh, and upper arm. **Figure 5**

Step 1

Gather Your Medication and Supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. **Figure 1**

Step 2

Needle and Syringe Essentials

For subcutaneous injections, an insulin syringe marked in units is used. Unit marks on the insulin syringe barrel facilitate precise measurements of tiny amounts of liquid, ideal for medications such as insulin that require accurate dosing.

Attached to your insulin syringe is a small needle. **Figure 2**

Needle Gauge: The needle thickness is measured in gauge, varying by preference and/or body fat percentage. A higher gauge indicates a thinner needle for enhanced comfort during injection.

Needle Length: The needle's length, measured in inches, may vary based on preference and/or body fat percentage.

Example: 30 gauge, 5/16" needle.

Step 3

Prepare Your Injection Site

1. Wash your hands thoroughly.
2. Select an injection site (abdomen, upper thigh, upper arm).
3. Clean the chosen site with an alcohol wipe.

Figure 1



Figure 2

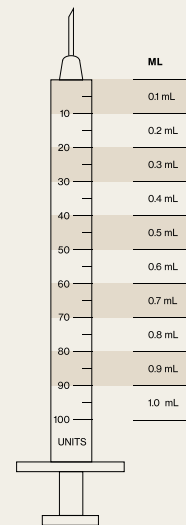
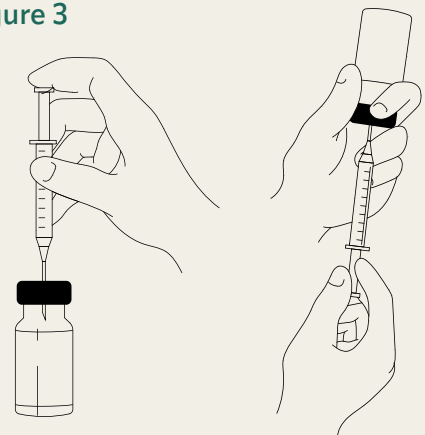


Figure 3



Step 4

Medication Preparation

1. Verify the correct medication and check expiration date (Beyond Use Date - BUD). **Figure 5**
2. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
3. **Confirm dosing instructions on the prescription label.**

Step 5

Drawing Medication From the Vial

1. Flip-off vial cap and expose the grey rubber stopper.
2. Wipe top of vial with alcohol pad.
3. Insert the needle into the rubber stopper at a 90-degree angle, then turn the vial upside down. **Figure 3**
4. Gently pull back on the syringe plunger to draw the dose. Tap the syringe gently to remove air bubbles.
5. Adjust the volume as needed to the prescribed dose.
6. Inspect your syringe for accuracy.

Step 6

Administering the Injection

1. Pinch the area of the skin where you'll be administering the shot. **Figure 4**
2. Push the needle into the pinched skin either straight up and down, at a 90-degree angle, or at a slight 45-degree angle.
3. Once the needle is in, let go of the skin.
4. Push plunger slowly to inject the medication to minimize discomfort.
5. Upon completion, remove the needle, apply pressure, and massage the area to disperse the medication.

Step 7

Clean Up

1. Wash hands.
2. Follow the specific storage instructions provided on your vial label for any unused medication. **Figure 6**
3. Dispose of used needles in a sharps container. **Figure 7**

When to Seek Medical Attention

If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat. Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal.

Figure 4

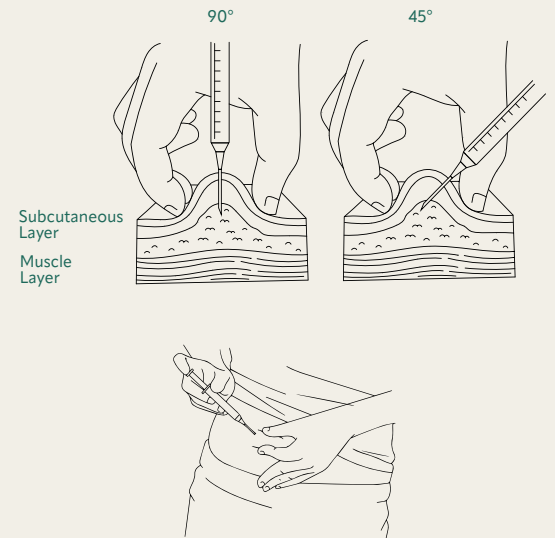


Figure 5

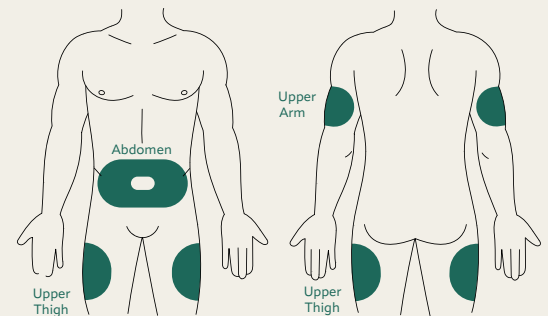


Figure 6

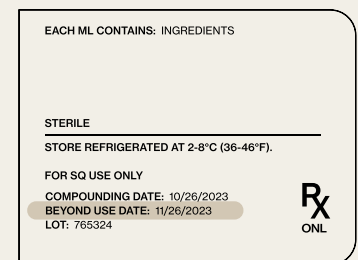


Figure 7



Intramuscular Injections

What is an intramuscular injection?

IM injections deliver medication deep into the muscles, such as Deltoids, Quadriceps, and Glutes, for effective absorption.

Figure 4

Step 1

Gather Your Medication and Supplies

Assemble your medication, syringes, needles, alcohol wipes, and a sharps container or a puncture proof container (like a plastic milk bottle). If your medication is in powder form, you'll need a mixing syringe/needle and the appropriate diluent. **Figure 1**

Step 2

Needle and Syringe Insights

Syringes: A 1mL or 3mL, with luer lock (screw-on-off connection), ensures a secure needle connection. **Figure 2A**

Needles:

- The needle thickness is measured in gauge, varying by preference or body fat percentage. Thicker gauges (18G-23G) are for drawing out medication from the vial, while thinner gauges (23G-25G) are for injecting.
- Length varies based on preference and body fat percentage, with options like 5/8", 1", and 1.5".

Note: If your syringe comes with a pre-attached needle **Figure 2B** be aware of its gauge - either for drawing (18G-23G) or injecting (23G-25G). Using separate needles is advised for drawing and injecting to maintain sharpness as needles dull with multiple punctures.

Step 3

Prepare Your Injection Site

1. Wash your hands thoroughly.
2. Select an injection site (abdomen, upper thigh, upper arm). **Figure 4**
3. Clean the chosen site with an alcohol wipe.

Figure 1



Figure 2A

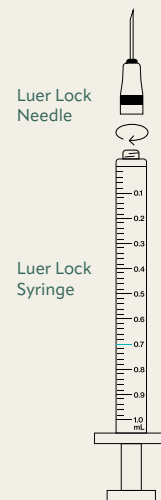


Figure 2B

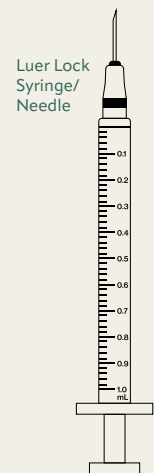
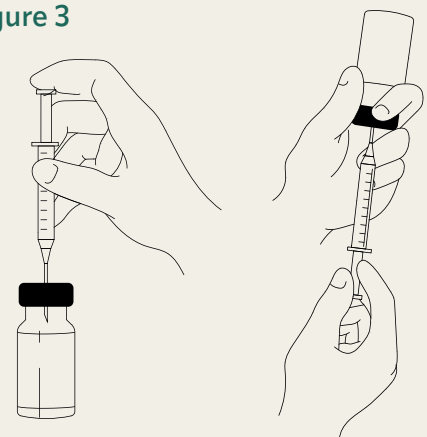


Figure 3



Step 4

Medication Preparation

1. Ensure your medication reaches room temperature if refrigerated to minimize discomfort.
2. Verify the correct medication and check the expiration date (Beyond Use Date - BUD). **Figure 5**
3. If your medication is in powder form (lyophilized), you'll need a mixing syringe/needle and the provided diluent.
4. **Confirm dosing instructions on the prescription label.**

Step 5

Drawing Medication From the Vial

1. Flip-off vial cap and expose the grey rubber stopper.
2. Wipe top of vial with alcohol pad.
3. Insert the needle into the rubber stopper at a 90-degree angle, then turn the vial upside down. **Figure 3**
4. Gently pull back on the syringe plunger to draw the prescribed amount. Tap the syringe gently to remove air bubbles.
5. Adjust the volume as needed to the prescribed dose.
6. Inspect your syringe for accuracy.

Step 6

Administering the Injection

1. At a 90-degree angle, inject the needle swiftly and smoothly into the desired site. **Figure 4**
2. Slowly, push plunger to inject the medication to minimize discomfort.
3. Upon completing, remove the needle, apply pressure, and massage the area to disperse the medication.

Step 7

Clean Up

1. Wash hands.
2. Follow the specific storage instructions provided on your vial label for any unused medication. **Figure 5**
3. Dispose of used needles in a sharps container. **Figure 6**

When to Seek Medical Attention

If there is evidence of an allergic reaction including having trouble breathing, a body rash, or swelling of the face or throat. Local irritation, redness, slight burning, swelling, and hard bumps over the shot area may be normal.

Figure 4

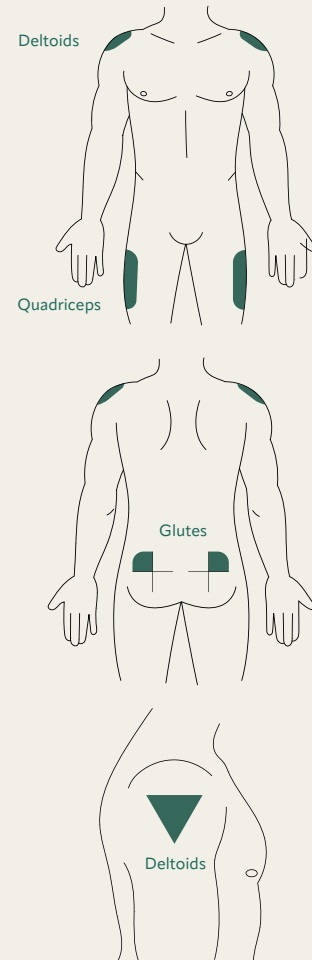


Figure 5

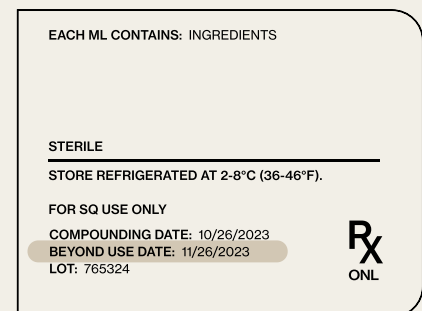


Figure 6



Lifestyle Recommendations



- Maintain a balanced diet rich in fruits, vegetables, and lean proteins
- Engage in regular exercise, aiming for at least 150 minutes of moderate activity per week
- Practice stress-reduction techniques such as meditation or yoga
- Ensure adequate sleep (7-9 hours per night)
- Limit alcohol consumption and avoid smoking
- Daily Water Intake: Aim for at least 8-10 glasses (64-80 ounces) of water per day

Individual needs may vary based on activity level, climate, and overall health. These recommendations are designed to support overall health and potentially enhance the effectiveness of the BHRT treatment. Proper hydration can help with hormone distribution, metabolism, and may alleviate some common symptoms associated with hormonal changes.

Wellness Treatments to Pair with BHRT

- Cryotherapy
- HBOT (Hyperbaric Oxygen Therapy)
- Red Light Therapy
- Contrast therapy
- IV Therapy

