



Writing the First Rx...

Rx:

Bi-Est 30 mg/ml 80:20 OO

D.T.D. 8.5 ml

Sig. 1 – 3 drops topical b.i.d. to soft forearms
do not dose higher than 3 drops b.i.d.
prior to testing

Progesterone 200 mg/ml OO

D.T.D. 8.5 ml

Sig. 2 – 6 drops topical h.s. to inner thighs
do not dose higher than 6 drops prior to testing

Writing the First Rx...

Rx:

Bi-Est 2.5* mg/ml 80:20 in carbopol

D.T.D. 90 ml (0.5 ml/pump)

Sig. 1 – 3 pumps topical b.i.d. to soft forearms

do not dose higher than 3 pumps b.i.d.
prior to testing

Progesterone 30* mg/ml in carbopol

D.T.D. 45 ml

Sig. 1 – 3 pumps topical h.s. to inner thighs

do not dose higher than 3 pumps prior to testing

* Other strengths are available

Clinical Dose Discovery

Four possible Clinical Dose Discovery protocols:

“Most Common...”

“Lighter...”

“Enhanced...”

“Customized...”

Most Common Starting Rx

patient _____ date _____
 Bi-Est 30 mg/ml 80:20 8.5 ml gtts 1-3 b.i.d.
 Progesterone 200 mg/ml 8.5 ml gtts 2-6 h.s.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.		p.m.	
	B·E	B·E	P	
1 to 7	1	1	2	
8 to 14	1	2	3	
15 to 21	2	2	4	
22 to 28	2	3	5	
29 to -	3	3	6	

For important instructions on how to apply hormones, go to:
menopausemethod.com/application

SHAKE BOTTLES VIGOROUSLY BEFORE APPLYING

Store at room temperature.
 Avoid extremes of heat, cold & light.

Lighter Starting Rx

patient _____ date _____
 Bi-Est 30 mg/ml 80:20 8.5 ml gtts 1-3 b.i.d.
 Progesterone 200 mg/ml 8.5 ml gtts 2-6 h.s.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.		p.m.	
	B·E	B·E	P	
1 to 7	0	1	1	
8 to 14	1	1	2	
15 to 21	1	2	3	
22 to 28	2	2	4	
29 to -	2	3	5	

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Enhanced Starting Rx

patient _____ date _____
 Bi-Est 30 mg/ml 80:20 8.5 ml gtts 1-3 b.i.d.
 Progesterone 200 mg/ml 8.5 ml gtts 2-6 h.s.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.		p.m.	
	B·E	B·E	P	
1 to 4	1	1	3	
5 to 9	1	2	5	
10 to 15	2	2	6	
16 to 22	2	3	6	
29 to -	3	3	6	

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Customized Rx Schedule

patient _____ date _____
 Bi-Est _____ mg/ml 80:20 8.5 ml gtts _____ b.i.d.
 Progesterone _____ mg/ml 8.5 ml gtts _____ h.s.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.		p.m.	
	B·E	B·E	P	
to				
to				
to				
to				
to				

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SHAKE BOTTLES VIGOROUSLY BEFORE APPLYING

Store at room temperature.
 Avoid extremes of heat, cold & light.

Most Common Starting Rx

Most Common Starting Rx

patient _____ date _____
Bi-Est 30 mg/ml 80:20 8.5 ml gtt 1-3 b.i.d.
Progesterone 200 mg/ml 8.5 ml gtt 2-6 h.s.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.		p.m.	
	B·E	B·E	P	P
1 to 7	1	1	2	2
8 to 14	1	2	3	3
15 to 21	2	2	4	4
22 to 28	2	3	5	5
29 to -	3	3	6	6

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SHAKE BOTTLES VIGOROUSLY BEFORE APPLYING

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days 1 - 7 →

Bi-Est gtt 1 a.m. + gtt 1 p.m. →

Progesterone gtt 2 p.m. →

Then on to days 8 - 14 →

Increase in p.m. Bi-Est gtt 2 →

Increase in p.m. progesterone gtt 3 →

Next step with card...

Perforation

Goes to Pt

Fill in name & date

Most Common Starting Rx

_____ patient _____ date
 Bi-Est 30 mg/ml 80:20 8.5 ml gtt^s 1-3 b.i.d.
 Progesterone 200 mg/ml 8.5 ml gtt^s 2-6 h.s.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.	p.m.	
	B·E	B·E	P
1 to 7	1	1	2
8 to 14	1	2	3
15 to 21	2	2	4
22 to 28	2	3	5
29 to -	3	3	6

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Store at room temperature.
 Avoid extremes of heat, cold & light.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.	p.m.	
	B·E	B·E	P
1 to 7	1	1	2
8 to 14	1	2	3
15 to 21	2	2	4
22 to 28	2	3	5
29 to -	3	3	6

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SHAKE BOTTLES VIGOROUSLY BEFORE APPLYING

Store at room temperature.
 Avoid extremes of heat, cold & light.

Most Common Starting Rx

Mary Jones 10/5/17
patient date
 Bi-Est 30 mg/ml 80:20 8.5 ml gtt^s 1-3 b.i.d.
 Progesterone 200 mg/ml 8.5 ml gtt^s 2-6 h.s.

For your front desk
 To fax in Rx

Lighter Starting Rx

Dosages are reduced:
For women whose bodies:
are super-sensitive to everything
have not “seen” hormones for some time

days 1 - 7
Bi-Est gtt 0 a.m. + 1 p.m.

Progesterone gtt 1 p.m.

Then on to days 8 - 14

Increase in a.m. Bi-Est gtt 1

Increase in p.m. progesterone gtt 2

Lighter Starting Rx

patient _____ date _____

Bi-Est 30 mg/ml 80:20 8.5 ml gtt 1-3 b.i.d.
Progesterone 200 mg/ml 8.5 ml gtt 2-6 h.s.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.		p.m.	
	B·E	B·E	P	P
1 to 7	0	1	1	1
8 to 14	1	1	2	2
15 to 21	1	2	3	3
22 to 28	2	2	4	4
29 to -	2	3	5	5

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SHAKE BOTTLES VIGOROUSLY BEFORE APPLYING

Store at room temperature.
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Enhanced Starting Rx

For women whose bodies are used to robust levels

Timing & Dosages are accelerated:

days 1 - 4

Bi-Est gtt 1 a.m. + 1 p.m.

Progesterone gtt 3 p.m.

Then on to days 5 - 9

Increase in p.m. Bi-Est gtt 2

Increase in p.m. progesterone gtt 5

Increase in p.m. progesterone gtt 6

Enhanced Starting Rx

patient _____ date _____

Bi-Est 30 mg/ml 80:20 8.5 ml gtt 1-3 b.i.d.
Progesterone 200 mg/ml 8.5 ml gtt 2-6 h.s.

B·E = Bi-Est | P = Progesterone

Number of Drops:

days	a.m.		p.m.	
	B·E	B·E	P	P
1 to 4	1	1	3	3
5 to 9	1	2	5	5
10 to 15	2	2	6	6
16 to 22	2	3	6	6
29 to -	3	3	6	6

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SHAKE BOTTLES VIGOROUSLY BEFORE APPLYING

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Customized Rx Schedule

You make it all up

days

All dosages

Customized Rx Schedule

patient _____ date _____

Bi-Est mg/ml 80:20 8.5 ml gtts . b.i.d.
 Progesterone mg/ml 8.5 ml gtts__ h.s.

B·E = Bi-Est

P = Progesterone

Number of Drops:

days	a.m.	p.m.	
	B·E	B·E	P
to			
to			
to			
to			
to			

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BEFORE APPLYING

Store at room temperature.
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Dose determination

Increase by 1 drop or (1 pump) q week

Alleviating Sx of insufficiency

While falling shy or backing
down from Sx of excess



Maximum Dosage
3 drops (or 3 pumps) b.i.d.
Regardless of symptoms

TEST