

Jove Medical, Inc.
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Instructions for patients on bio-identical hormones

Patients coming in for blood work - please *do not use BHRT cream on your arms for at least 1 week prior*. The cream tends to build up on the skin and gets into the needle when blood is drawn. It will be very helpful if you also scrub your arms (especially elbows) in the shower for several days before your appointment. You may apply your creams to your wrist, groin or back of knee. Do not apply hormone creams to your breasts or belly, as the hormones get stored in the fat cells.

Also, if your appointment for lab work is in the morning please hold your morning doses. If it is in the afternoon, morning doses may be taken as usual.

In order for us to keep our appointments on time (to minimize your wait), it is important that you arrive on time for your scheduled appointment.

If you are unable to keep your scheduled appointment please give us a 24 hour notice as we may have other patients that need to be seen.

REFILLS

Blood work is often due 2 weeks before your last refill runs out, so when you pick up your last refill on-file, please contact us to see if blood work is required, and/or a visit needs to be scheduled.

Please allow 5 business days for refills requests to be processed! You may submit a refill request online at our website www.jovemedical.com, or by emailing us at info@jovemedical.com.

Please call us with any questions or concerns. You will find that your compounding pharmacist can also answer many of your questions about your hormones.

Effective January 2009

Jove Medical will be charging a \$6.00 collection fee for blood work without a visit. We use special supplies (smaller needles) and our cost of providing this service has increased.