



# Corinda

## Compounding Chemist

Personalising Medicines

### WHAT IS COMPOUNDING?

Compounding combines an ageless art with the latest medical knowledge and state-of-the-art technology, allowing specially trained professionals to prepare customised medications to meet each patient's specific needs. Compounding is fundamental to the profession of pharmacy and was a standard means of providing prescription medications before drugs began to be produced in mass quantities by pharmaceutical manufacturers. The demand for professional compounding has increased as healthcare professionals and patients realise that the limited number of strengths and dosage forms that are commercially available do not meet the needs of many patients, and that these patients often have a better response to a customised dosage form that is "just what the doctor ordered."

### BENEFITS OF COMPOUNDING

One of the main benefits of compounding medication is to increase patient compliance. This is particularly useful for patients who have difficulties with commercially available medication. A patient may be allergic to preservatives or dyes; require a dosage that is different from the standard drug strength; they may need a unique delivery system, for example if they are unable to swallow a capsule the medication may be compounded into a flavoured liquid dosage form. Compounding is also a solution to enable patients to continue treatment on discontinued medications.

### EXAMPLES OF USING COMPOUNDING AS A SOLUTION TO THERAPEUTIC PROBLEMS

- Compounded bio-identical hormone replacement therapy preparations, along with patient counselling for menopause and andropause.
- Thyroid treatment
- Compounded pain management solutions for syndromes such as fibromyalgia, CFS, neuropathies, etc.
- Wound care and hospice/palliative care
- Dermatological preparations for skin disorders including psoriasis or shingles
- Custom-designed dosage forms for haemorrhoids and fissures
- Dental compounding
- Sports medicine
- Physical Therapy
- Bio-cosmeceutical agents
- Innovative neurological compounds
- Weight loss and smoking cessation lozenges and troches
- Unique veterinary dosage forms and flavours
- Paediatrics
- Podiatry

### HOW TO WRITE A PRESCRIPTION FOR A COMPOUNDED MEDICATION

Our Pharmacists and compounding technicians have access to more than 10,000 formulations and are happy to discuss these with you and answer any questions.

**John Patient**  
**Oxley Rd**  
**Corinda**

**Compounded Medication**  
(Prescription should always begin with phrase "Compounded Medication" )

**Generic name of Active Ingredient(s)**

**Strength or Dose**  
(i.e. mg or %)

**Dosage Form**  
(Suppository, Cream, Troche etc. )

**Quantity**  
**Directions for Use**

*Dr Smith*

# Compounding Dosage Forms

## Capsules

- To allow an alternate strength to that of the commercial product
- To omit dyes, preservatives or gluten which may be an allergen or irritant
- Multiple medications may be combined to reduce the number of doses to be taken
- Vegetarian capsules made from cellulose for those unable to take gelatin capsules e.g. for religious reasons, vegetarians/vegans

## Oral Liquids

- For those patients who have difficulty swallowing capsules or tablets
- For patients who have problems tolerating commercially available liquids
- To make a custom-flavoured oral solution or suspension

## Troches, Lollipops and Lozenges

- A Troche is a small lozenge that will dissolve between the cheek and gum over a period of approximately half an hour.
- As Troches are used sublingually they allow the medication to enter the bloodstream quickly and easily
- Troches avoid the first-pass metabolism
- May be used to keep drugs in the mouth when local action is needed there
- Gummy gels are designed to be chewed and swallowed; great for those patients who have difficulty with capsules or tablets
- Flavours and sweeteners can be used to make them pleasant-tasting
- Ideal for geriatric and paediatric patients

## Topical Preparations

- Gels, creams, lotions, sprays and foams
- Easy to use and are effective for delivering medication as needed
- Topical medications are often prescribed for pain management, inflammation and nausea/vomiting
- May help avoid or reduce potential side effects such as stomach upset

## Suppositories

- For those patients who are unable to take oral medication
- Available in various shapes; can be used rectally or vaginally
- Commonly used for bio-identical hormone replacement therapy, nausea, or to treat local conditions such as haemorrhoids, infections or inflammation.

## Flavours

Custom flavouring is available for most oral dosage forms including Chocolate, Strawberry, Vanilla, Marshmallow, Peppermint, Tutti Frutti and Banana just to name a few. Our staff will work with the patient to determine the best flavouring to use for their compounded medicine.

Veterinary flavours include Liver, Tuna, Chicken and Beef.



PCCA

Member of the Professional Compounding  
Chemists of Australia

## Corinda Compounding Chemist

A Subsidiary of Corinda Day & Night Pharmacy

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**OPEN 7 DAYS TILL 8PM**

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**PLEASE CONTACT US TO DISCUSS YOUR PATIENTS NEEDS**