

Hormone Instructions and Requirements at Sacramento Naturopathic Medical Center

- The first principle of Naturopathic Medicine is: do no harm.** To accomplish this, SNMC will:
 - Require an initial hormone test (if not post-menopause), and the completion of a 60-minute patient appointment. This will help to determine whether taking hormones is necessary.
 - Require both hormone testing and a follow-up appointment every 6 months to monitor safety and progress, otherwise, refills cannot be fulfilled.** If you are using transdermal (topical) hormones, you must take a dried urine test (DUTCH) test or blood test with Progesterone, Estradiol, and Testosterone, and preferably an Adrenal Cortisol and DHEA (stress test), as well. If you are taking capsules or injections as the method of hormone delivery, a blood test is sufficient. SNMC also recommends that all patients do a **Dr. Godby Essential Panel** once a year, or other tests that your SNMC doctor recommends. **Please send all blood tests from your other providers to staff@sacnd.com.**
 - SNMC prescribes Bio-Identical Hormone Replacement Therapy (BHRT).
 - Prescribes hormones at the lowest effective dose.
 - Prescribes transdermal hormones, or other method of delivery (capsules, tablets, lozenges, etc.) depending on a variety of factors, including, but not limited to: patient preference, safety and effectiveness.
- SNMC Doctor will call in your prescription:** Your doctor will call or fax in your prescription to any compounding pharmacy of your choice. If you have a pharmacy in mind, please provide phone number. If not, we can refer you to a local pharmacy. You will pay pharmacy directly.
- Refills:** Always call your pharmacy for your refill. If you want to change the prescription, tell the pharmacist and they will fax us your request. Before your prescription runs out, if you haven't had your required 6-month hormone test (**PROG, ESTRADIOL, and TESTOSTERONE**), and follow-up appointment, please call to schedule your appt and get your PET done. SNMC doctors will not be able to fill your request until you do so.
- If you want to change your pharmacy:** Please contact: Staff@SacND.com.
- To prevent running out of your prescription:** Please call your pharmacy in a timely manner.
- Prescription Status:** To check on the status of your prescription, please call the pharmacy directly.
- Emailing your SNMC Doctor:** Please always put "PATIENT" in memo line, include Date of Birth (DOB), the pharmacy phone number, and your name. BHRT is available only at compounding pharmacies.
- Side Effects:** Although uncommon, side effects of BHRT are possible. Please contact your SNMC doctor if you are experiencing any new symptoms after beginning prescription. Your signature below acknowledges the possibility of side effects and your preference to start or continue hormones.

I agree to the above 8 instructions and requirements and agree to abide by them for my safety and non-interruption of hormone prescriptions.

DATE: _____

Signature: _____

www.Sac-ND.com
DrGodby@SacND.com