

Ask us how we can help your patients with the rising costs of prescription medications.



[HOME](#) \ [ABOUT](#) \ [PCAB](#) \ [CONTACT](#)

262.373.1050  
MDCustomRx.com

## The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

March 2017

### Greetings!

Thank you for entrusting in the compounding services at MD Custom Rx to help meet the unique medication needs of your patients. We are excited to share our monthly newsletter with you and look forward to continuing to be your medication problem solvers. Please don't ever hesitate to let us know how we can be of further assistance to you and your practice.



Sincerely,  
Dan, Monica and John

## Medicated Lozenges or Lollipops

Medicated lozenges or lollipops are commonly used to treat problems such as infections and inflammation of the oral cavity. Topical preparations are often preferable to systemic meds due to the local effect.

Advantages of using a medicated lozenge or lollipop versus oral dosage forms include a reduction in gastric irritation, bypass of first pass hepatic metabolism and more rapid onset of action.

Lollipops can provide a retention time of up to 30 minutes in the mouth, compared to a conventional form of lozenges having a retention time of about 7 minutes. In particular, it is easier for a child to hold a lollipop in the mouth than it is to retain a lozenge.

Oral thrush is a disorder caused by infection of the mouth due to the fungus (yeast) *Candida albicans*. Lollipops containing antifungal medications can provide an attractive alternative formulation in the treatment of oral thrush in pediatric patients.

Lollipops and lozenges can be compounded for:

- Treatment of infection or inflammation
- Topical anesthetic
- Sedation
- Smoking cessation
- Nausea



- Pain relief

Lollipops and lozenges can be customized to contain medications such as

- Nystatin
- Ketoconazole
- Amphotericin B
- Clotrimazole
- Tetracaine
- Acetaminophen
- Ibuprofen
- Ketamine
- Menthol/Eucalyptus
- ECGg
- Ginger
- Ondansetron
- Glutamine
- Glutathione
- Midazolam

[Int J LifeSc Bt & Pharm Res. 2012 Jan; 1\(1\):96-102](#)

## Topical Metronidazole for Treatment of Anorectal Crohn's Disease

Anorectal Crohn's disease is one of the most problematic and debilitating forms of Crohn's disease. Crohn's disease is a type of inflammatory bowel disease that usually affects the intestines but may occur anywhere in the gastrointestinal tract and is frequently refractory to medication, which may ultimately result in proctocolectomy and ileostomy surgeries. It is reported in 3% to 5% of Crohn's patients and is found in conjunction with colorectal or enteric disease in one-third to one-half of Crohn's disease patients. This article discusses the use of metronidazole 10% ointment for the treatment of anorectal Crohn's disease. Since metronidazole is not U.S. Food and Drug Administration approved for treating anorectal Crohn's disease, and there is no commercially available metronidazole 10% ointment, compounding pharmacists can play a role in providing this dosage form. This article discusses some of the common symptoms of Crohn's disease and the use of topical metronidazole to treat the disease.

[Int J Pharm Compd. 2013 Sep-Oct;17\(5\):380-3.](#)

## Improving Compliance with Combination of Medications in a Transdermal Formulation

The World Health Organization cites "complexity of regimen" as a major factor leading to patient noncompliance to treatment regimens. Our compounding professionals can combine multiple drugs into a single transdermal formulation which may enhance treatment compliance, while reducing the risk of systemic effects or addiction.

"This study suggests that the combination of these 4 analgesic drugs can be successfully delivered transdermally... Compounded transdermal drug preparations may provide physicians with an alternative to traditional oral pain management regimens that can be personalized to the specific patient with the potential for enhanced pain control.



"When evaluating available pharmacologic options for analgesia, prescribers must choose not only the correct drug or drug combination, but also the most appropriate route of administration. Oral drugs are commonly used for pain management as they are the least invasive route of administration. However, oral drugs have disadvantages that may limit their utility in certain patient populations. For instance, terminally ill patients, such as those with cancer or those in hospice care, are often unable to tolerate orally administered drugs secondary to nausea and vomiting. These challenges may be amplified in patients who require multiple drugs for adequate pain relief. Disadvantages of orally administered analgesics can be overcome using transdermal drug formulations that provide a convenient and painless method of administration. The skin is an important target for treatments aimed at pain management as several studies have demonstrated the presence of receptors and ligands on peripheral nociceptors and non-neural cells, as well as signaling between neural and non-neural skin cells. Several studies have demonstrated that the use of compounded transdermal analgesics leads to high drug concentrations at the target site while maintaining low systemic drug levels, leading to decreased systemic side effects."

[Pain Med. 2016 Feb;17\(2\):230-8.](#)

## Advantages of Rapid Dissolving Tablets

Rapid Dissolve Tablets (RDTs), also known as Fast Dissolving Tablets (FDTs), are small solid dosage forms which disintegrate or dissolve rapidly in the mouth without water or chewing. RDTs are helpful in cases of persistent nausea, sudden episodes of allergic attacks, when local action is desirable for oral ulcers or cold sores, and for those who cannot swallow tablets or capsules.

RDTs disintegrate instantaneously when placed on the tongue, releasing the drug that disperses in the saliva. RDTs avoid the risk of choking when swallowing large tablets or capsules, thus providing improved safety. RDTs can be considered for patients who cannot swallow, such as the elderly, stroke victims, bedridden patients; patients who refuse to swallow, such as pediatric, geriatric, and psychiatric patients; and patients who are extremely fluid restricted, such as patients with renal failure. RDTs are also convenient for travelers and active people who may not have access to water. The "good mouth feel" of RDTs helps to change the perception of medications, particularly in pediatric patients.

[J Adv Pharm Technol Res. 2011 Oct-Dec; 2\(4\):223-235.](#)

We work together with patients and their healthcare providers to compound RDTs containing active ingredients such as:

- Sildenafil
- Arginine/Papaverine
- DHEA
- Hydrocortisone
- Progesterone
- Testosterone

Appropriate medications also can be compounded as  
Rapid Dissolve Vaginal Tablets.

***We welcome your questions and the opportunity to solve medication problems with customized dosage forms.***



## Write a Prescription for a Compound

Learn more about how to write a prescription for a compounded preparation.

[Learn More](#)



## Collaborative BHRT Prescribing

Learn more about our Collaborative BHRT Prescribing Program.

[Learn More](#)



## PCAB Accreditation

Why it's important to use a PCAB Accredited Compounding Pharmacy?

[Learn More](#)

