

H O T Z E

HEALTH & WELLNESS CENTER

FREQUENTLY ASKED QUESTIONS

HOTZE PHARMACY

How do I refill my prescriptions?

To reorder, you can call Hotze Pharmacy at (281) 828-9088 or order online, www.hotzepharmacy.com.

Please note: Hotze Pharmacy **will not** fill your medications based on a request from your nurse or even your provider because they will need to know how many months you intend to fill, which medications you want filled, verify shipping address and credit card information. Upon receiving new prescriptions or changes, someone from the pharmacy will call you to confirm your order.

Because there are numerous variables with each order and to avoid misunderstanding, Hotze Pharmacy will only discuss orders directly with the guest.

How does the pharmacy know how many refills I have?

After each appointment, your provider will send updated refill amounts to your pharmacy.

What does it mean to consolidate medications?

Consolidation means to combine multiple doses of the same medication into 1 capsule. For example, if you take progesterone 25 mg along with progesterone 12.5 mg each morning, these could potentially be combined into 1 capsule of progesterone 37.5 mg.

Why would I want to consolidate medications?

Most pharmacies, including Hotze Pharmacy, charge by the number of capsules filled. Therefore, it makes good financial sense to consolidate your medications. If you consolidate your capsules, it will also reduce the number of pills you need to ingest daily.

When can I consolidate my medications?

Sex hormones, such as progesterone, bi-est or testosterone, can be consolidated after you've been taking them for 2-4 weeks. This is because these hormones take time to reach peak levels, and we need to first verify that you are on the optimal dose.

Your thyroid medication can be consolidated after your nurse has confirmed tolerance of your current thyroid dose for a period of at least 8 weeks.

To confirm tolerance of thyroid, please verify:

- Your resting heart rate is less than 90 beats per minute while you are at rest
- You have no other symptoms of hyper stimulation such as feeling jittery, anxious, "revved up" or feel like a furnace is burning inside of you

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The reason you want to wait 8 weeks is because it will take 6-8 weeks to witness the full effects of your thyroid. Knowing this, you would not want to consolidate too early because that newly consolidated dose of thyroid could go to waste if you don't tolerate it.