TICKER
Patient Instructions

Remove the safety lid by placing your thumb under the thumb tab and pushing upward.

PRIMING THE UNIT

If you begin to turn the applicator and the cream does not come out, it may be an indication that you need to prime the device. **Priming**: turn the applicator base clockwise until the cream begins to dispense out. (It may take several turns.) After the cream comes out, use a tissue to wipe off the cream. Your device is now primed and ready to use!

Turn the applicator dial clockwise to apply your specific dose, as instructed by your pharmacist or doctor. **DIAL as many CLICKS as instructed.**

After dialing your dosage, wait at least 5-10 seconds in order to give the topical preparation ample time to exit the container through the hole and collect at the the top. Follow your doctor or pharmacist's instructions for how to apply the medication. If desired, apply the cream directly with the Ticker by rubbing the dispenser cap against the area of skin as shown.

Prevent evaporation of your topical preparation by properly securing the safety lid. (TIP: Some of the water that makes the bulk of the cream may evaporate without the safety lid) Store your medication away from excessive heat or sunlight.

When the top part of the plunger reaches the extruded word "**REFILL**" (as shown), it is **time to refill** your medication. There are approximately 6-7 grams remaining.

THANK YOU FOR CHOOSING OUR PHARMACY

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Ticker Conversion Table

1 CLICK = 0.05 gm	6 CLICKS = 0.30 gm	11 CLICKS = 0.55 gm	16 CLICKS = 0.80 gm
2 CLICKS = 0.10 gm	7 CLICKS = 0.35 gm	12 CLICKS = 0.60 gm	17 CLICKS = 0.85 gm
3 CLICKS = 0.15 gm	8 CLICKS = 0.40 gm	13 CLICKS = 0.65 gm	18 CLICKS = 0.90 gm
4 CLICKS = 0.20 gm	9 CLICKS = 0.45 gm	14 CLICKS = 0.70 gm	19 CLICKS = 0.95 gm
5 CLICKS = 0.25 gm	**10 CLICKS = 0.50 gm**	**15 CLICKS = 0.75 gm**	**20 CLICKS = 1.0 gm**

Common Hormone Legend

E2 = Estradiol E3 = Estriol Biest = Estriol & Estradiol
P = Progesterone T = Testosterone D = DHEA

How to Avoid Spills

Changes in pressure during flying or traveling may cause the medication to spill out of the container. We always recommend placing the applicator in a zip lock bag to minimize air getting into the applicator. You may also want to wrap the top of the applicator with plastic wrap during traveling.

Important Tips

- **Remember to rub cream /gel in thoroughly. (Do not shower or exercise within 4 hours after application for proper absorption.)**
- **Ticker is a one-time use dispensing applicator and is not refillable. Reusing/refilling it will give you inaccurate doses.**
- ****Store your medication away from direct sunlight or excessive moisture.****

Tune into our YouTube channel at www.youtube.com for video DEMOs on the proper use of the Ticker Applicator! Simply type "HRTicker" in the search field.

Please allow your Pharmacy at least 48 hours to prepare your customized medications.

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