

## SERMORELIN ACETATE COMPOUND

### What is this medicine?

Sermorelin (sr-mor-luhn AS e tate)

Sermorelin is a growth hormone releasing hormone, also called a growth hormone secretagogue.

- It may be used to stimulate the pituitary gland to release endogenous growth hormone.
- It may also be used for other conditions as determined by your doctor.

**Compounded Drug Forms:** Subcutaneous injection, fast-burst sublingual tablet

### What should the injectable product look like?

Upon visual inspection, the vial contents should appear as a clear solution with no visible particles.

### What should I tell my health care provider before I take this medicine?

- Allergy to sermorelin
- History of or active cancer
- Pregnant or breastfeeding

### How should I use this medicine?

Follow the package directions provided by the pharmacy and by your prescriber. Your dosage is based on your medical condition and response to therapy. Follow the dosing schedule provided carefully.

Injectable medications should be given subcutaneously or intramuscularly as indicated by your healthcare provider. See recommended administration guide for further instruction.

- **For Injectable** — This medication should be given by subcutaneous injection. A subcutaneous injection (SQ) delivers medicine into the fatty layer between skin and muscle, used to give a small quantity of certain kinds of medications.
  - Rotating your injection site is recommended. Commonly used injection sites include: the outer area of the upper arm, the abdomen (avoiding a 2-inch circle around the navel), or the front of the thigh.
  - Wash hands and sanitize the injection site with alcohol prior to administration. Do not use the solution if it becomes cloudy, has particles, or changes color. Dispose of used needles in a Sharps container. Do not use past the beyond use date indicated on the prescription label.
  - Discard 28-days after initial puncture.
  - Recommend injecting on an empty stomach. No food or drink 60 minutes prior to and after administration.
- Sublingual formulations should be placed under the tongue or between the cheek and gums and held in place until fully dissolved. Avoid swallowing saliva to ensure the best absorption into the bloodstream. Avoid eating or drinking 15 minutes before or after taking sublingual formulations.

### What if I miss a dose?

- If you miss a dose, take it as soon as possible.
- If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule.
- Do not take double the dose at once.

### What should I watch for while using this medicine?

- Signs of an allergic reaction: hives blistering, swelling of the mouth, face, lips tongue throat, trouble breathing.
- Signs of injection site reaction: redness, itching, or swelling around the administration site.
- Regular check-ups with your provider are recommended.

### What side effects may I notice from receiving this medicine?

Side effects that may occur and may go away as your body gets used to the medication include:

- Headache
- Flushing
- Dizziness
- Nausea

You may experience side effects not listed. Contact your doctor with questions.

An allergic reaction to this medication is unlikely but seek medical attention if it occurs. Symptoms of an allergic reaction include rash, itching, swelling, severe dizziness, and/or trouble breathing.

**Where should I keep my medicine?**

- Follow the storage recommendations found on your prescription label.
- Store at room temperature between 59- and 86-degrees F, unless otherwise specified on the packaging.
- Protect injectables from light.

**Additional Information:**

- Do not share this medication with others to whom it was not prescribed.
- Keep out of reach of children and pets.
- If an overdose is suspected contact your local poison control center at 1-800-222-1222 or go to the nearest emergency room.

If you have any questions concerning this or any of your medications, a pharmacist is available during normal business hours to answer your questions. You may report side effects to the FDA at 1-800-FDA-1088.

**Do not flush down a toilet or pour down a drain. Check with your pharmacist if you have questions about the best way to dispose of medications. There may be a drug take-back program in your area.**

**Consumer Information Use and Disclaimer:** This information should not be used to decide whether or not to take this medication or any other medication. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does not include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. For questions about the source of any of the information provided herein, pharmacists at Belmar Pharmacy are available. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of this medicine.

**References:**

1. Sigalos JT, Pastuszak AW. The Safety and Efficacy of Growth Hormone Secretagogues. *Sex Med Rev.* 2018 Jan;6(1):45-53. doi: 10.1016/j.sxmr.2017.02.004. Epub 2017 Apr 8. PMID: 28400207; PMCID: PMC5632578.
2. Sinha DK, Balasubramanian A, Tatem AJ, Rivera-Mirabal J, Yu J, Kovac J, Pastuszak AW, Lipshultz LI. Beyond the androgen receptor: the role of growth hormone secretagogues in the modern management of body composition in hypogonadal males. *Transl Androl Urol.* 2020 Mar;9(Suppl 2):S149-S159. doi: 10.21037/tau.2019.11.30. PMID: 32257855; PMCID: PMC7108996.