

PALOMA RX · PRESCRIPTION INSTRUCTIONS

The guide to your Low-Dose Naltrexone

Patient safety information and instructions for use. Read this guide before starting — or continuing — your medication, then keep it in your files for reference.

About your compounded medication. Your capsules are prepared for you by Honeybee Health, a licensed compounding pharmacy, according to your Paloma provider's prescription. Compounded medications are not reviewed by the FDA for safety or effectiveness, and low-dose naltrexone (LDN) as an adjunct for Hashimoto's-related symptoms is prescribed off-label. Your provider has reviewed your health history and determined this treatment is appropriate for you — the details are covered in the consent you signed during your visit.

Important safety information



Naltrexone and opioid medications don't mix

Naltrexone blocks the effects of opioid pain medications (such as hydrocodone, oxycodone, morphine, and tramadol) — they may not work for pain while you take it, and in someone dependent on opioids it can trigger withdrawal. Tell every clinician, dentist, and pharmacist you see that you take naltrexone. If you're prescribed an opioid for any reason, or have a surgery or procedure coming up, message your Paloma care team first — your medication usually needs to be paused in advance so anesthesia and pain control work properly.

Pregnancy and breastfeeding. Paloma does not prescribe low-dose naltrexone for use during pregnancy or while breastfeeding. If you become pregnant or are planning to, stop treatment and message your care team to discuss next steps.

● Message your Paloma care team if you notice:

Nausea, headache, or fatigue that persists beyond the first weeks

Vivid dreams or trouble sleeping that don't settle or that bother you

Changes in mood, or new or worsening anxiety

Any new prescription — especially opioid pain medication

An upcoming surgery, procedure, or dental work

Stop the medication and seek care right away for:

Yellowing of the skin or eyes, dark urine, or severe stomach pain — possible signs of a liver problem

Signs of an allergic reaction: rash with swelling of the face or throat, or difficulty breathing — call 911

New or worsening depression, or thoughts of harming yourself — call or text 988, or call 911

Why we watch your liver

Naltrexone is processed by the liver. At the low doses Paloma prescribes, liver problems are uncommon, but elevated liver enzymes have been reported — which is why we ask about liver health during your visits and ask for a liver blood test about once a year while you're on treatment. The symptoms listed above are the ones that deserve prompt attention between tests.

After your medication arrives

Honeybee Health ships your capsules directly to the address on file. You'll receive shipping confirmation by email when your order goes out.



Store at room temp

Keep between 68–77°F in a cool, dry place — away from heat, moisture, and direct sunlight.



Keep the container closed

Tightly closed, in its original container, and always out of reach of children.



Swallow capsules whole

Do not crush, chew, or open the capsules.



Check your label

Your dose is individualized. Take exactly the dose printed on your prescription label.

Daily dosing instructions

1

Same time, every day

Take your capsule at the time your provider recommended, with a full glass of water — with or without food. If you take it at night and vivid dreams or sleep changes bother you, message us; a timing adjustment often helps.

2

Keep your dose steady

Do not change your dose or frequency on your own. If you'd like to discuss a dose change, message us — dose adjustments are handled through a visit with your provider, not a refill.

Missed a dose? Take it as soon as you remember — unless it's close to your next dose. In that case, skip the missed one and continue your regular schedule. Never take two doses to make up for a missed one.

Other medications. Beyond opioid pain medications, tell your Paloma provider and your pharmacist about everything you take — including medications for depression, anxiety, or sleep, anything that affects your liver, and all over-the-counter medications and supplements. Let us know before starting anything new.

What to expect

The first weeks · Settling in

Some people notice mild nausea, headache, fatigue, or vivid dreams when starting or adjusting LDN. These are usually temporary and often improve within the first few weeks. If they persist or bother you, message your care team.

Over the months · Gradual, and individual

Any benefit for symptoms like fatigue or brain fog tends to build gradually over weeks to months, and response varies from person to person. Track how you feel — your check-ins ask about specific symptoms, and your answers guide your care.

Your refill & renewal schedule

Refills are reviewed by your provider based on short check-ins — they're how we keep your treatment safe without office visits. Please complete them when they arrive.

Each renewal symptom & new-medication check · **Once a year** liver blood test (we'll remind you) · **Anytime** dose-change requests and new health conditions route to a visit with your provider

Managing side effects

Common — usually mild

Vivid dreams or sleep changes — the most commonly reported effect; often settles in the first weeks. A timing adjustment can help.

Nausea — taking your capsule with food usually helps.

Headache, dizziness, or fatigue — typically early and temporary.

Joint or muscle aches, increased thirst — usually mild; message us if persistent.

Good habits on treatment

Keep your annual liver test current. We'll ask for it about once a year.

Tell every prescriber, dentist, and surgeon you take naltrexone — before they prescribe or schedule anything.

Plan ahead for procedures. Message us before any surgery so pausing can be coordinated.

Stay consistent. Take it daily as prescribed, and route any dose-change wishes through your provider.

Disposal & good housekeeping

Please dispose of unused or expired medication safely. Don't flush capsules or pour them down the drain — use a local medication take-back site if one is available. Otherwise, mix the capsules with something unappealing like used coffee grounds or cat litter, seal in a container, and place in household trash.

We're here for you



Your care team

Questions about your treatment, side effects, dosing, or progress — message us anytime through your **Paloma portal**.



Billing & shipping

For anything non-medical — orders, billing, refills, address changes — email **support@palomahealth.com**.



Pharmacist support

To review your compounded medication with a pharmacist, call Honeybee Health toll-free at **833-466-3979** during regular business hours.



Urgent / after hours

For signs of a serious reaction or any medical emergency — **call 911 or go to the ER**. For emotional distress or thoughts of self-harm, **call or text 988**. Don't wait for a message reply.



Your care doesn't end at the prescription.

Check-ins, labs, and messages are how we fine-tune your treatment over time. We're glad you're here.