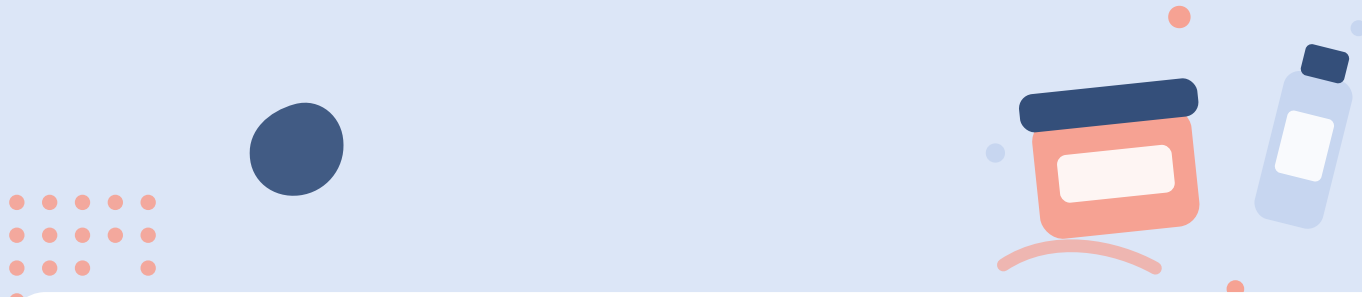


PALOMA RX · PRESCRIPTION INSTRUCTIONS

The guide to your Arousal Cream

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



About your compounded medication.

Your cream – sildenafil, L-arginine, and nifedipine in a topical base – is prepared for you by Honeybee Health, a licensed compounding pharmacy, according to your Paloma provider's prescription. The three ingredients work together locally to support blood flow, sensitivity, and arousal in the treated area. Compounded medications are not reviewed by the FDA for safety or effectiveness, and this formulation is prescribed off-label. Your exact formulation and strength are shown on your prescription 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



Never use with nitrate medications

Do not use this cream if you take nitrate medications in any form — regularly or occasionally — such as nitroglycerin for chest pain or heart conditions, or recreational nitrite drugs ("poppers"). Combining sildenafil with nitrates can cause a sudden, severe, and potentially life-threatening drop in blood pressure. Tell every healthcare provider you see that you use this medication before they prescribe anything new — and if you're ever prescribed a nitrate, stop using this cream and message your Paloma care team.

● Stop the cream and message your care team if:

Genital engorgement, discomfort, or sensitivity persists or becomes painful

Irritation at the application site is significant or doesn't settle — redness, swelling, burning, or stinging

Flushing, headache, nasal congestion, or lightheadedness keeps happening with use

You're prescribed any new heart or blood-pressure medication, an alpha-blocker, or an ED medication

Seek care right away for:

Chest pain, an irregular heartbeat, or fainting — call 911

Sudden changes in vision or hearing

A severe allergic reaction: swelling of the face or throat, or difficulty breathing — call 911

Why the caution around blood pressure?

The ingredients in this cream support local blood flow through different pathways. Although the cream is applied locally, some medication can be absorbed into the bloodstream. This may occasionally cause flushing, headache, dizziness, or a drop in blood pressure. It's why we asked about your heart health and medications during your visit, and why the nitrate rule above is absolute. If you feel dizzy or lightheaded after applying, lie down until it passes, and use caution before standing or driving.

After your medication arrives

Honeybee Health ships your cream 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.



Use as needed

Applied before intimacy, not on a daily schedule. Your label shows how far in advance.



External use as directed

Apply only where your label directs. Avoid eyes, mouth, broken or irritated skin, and active infections.



Check your label

Apply the amount printed on your prescription label — more isn't better.

Before intimacy

1

Apply as your label directs

Apply a thin layer of the prescribed amount to the treatment area on clean, dry skin, with clean hands or the applicator if one is provided — typically the number of minutes before anticipated activity shown on your label. Wash your hands thoroughly afterward.

2

Let it absorb — think of your partner

Allow the cream to absorb fully before contact with a partner — the medication can transfer to them otherwise. Your provider may recommend a barrier method to help reduce transfer. If you have questions about timing or transfer, message us.

No fixed schedule. This cream is used as needed rather than daily. If a planned application is missed, simply apply as directed the next time — never apply extra to make up for it, and don't use it more often than your label allows.

Other medications & products.

Tell your Paloma provider and pharmacist about everything you take — especially nitrates, riociguat, alpha-blockers, other blood-pressure medications, and any PDE5 inhibitor (oral sildenafil, tadalafil, vardenafil). Grapefruit juice and certain antifungal or antibiotic medications can also affect how this medication is processed. Let us know before starting anything new.

Pregnancy & breastfeeding

This medication is not recommended during pregnancy or while breastfeeding unless your Paloma provider specifically determines it is appropriate. Tell us if you are pregnant, trying to become pregnant, or breastfeeding before use.

What to expect



The first uses · Finding your rhythm

Mild warmth, tingling, or brief stinging where you apply can occur, especially at first, and usually settles. It can take a few uses to find the timing that works best for you — your label's guidance is the starting point.

Over time · Individual response

Response varies from person to person — some notice a difference quickly, others adjust timing or amount with their provider's guidance before it feels right. Your check-ins are the place to tell us honestly what is and isn't working.

Your check-in & 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 tolerability & health-change check — including new heart or blood-pressure medications · **Anytime** new medications and new health conditions route to your provider right away

Managing side effects

Common — usually mild

Local warmth, redness, or tingling where you apply — typically brief; message us if it's significant or persistent.

Flushing, mild headache, or nasal congestion — possible if some medication is absorbed; usually passes.

Dizziness or lightheadedness — lie down until it passes; use caution before standing or driving.

Good habits on treatment

The nitrate rule is forever. Any new nitrate prescription means stopping this cream — tell us right away.

Tell every prescriber — including in the ER — that you use a sildenafil-containing cream.

Wash hands after applying, and let the cream absorb before partner contact.

Keep your check-ins honest — timing and amount can be adjusted, but only if we know how it's going.

Disposal & good housekeeping

Please dispose of unused or expired medication safely. Don't flush the cream or wash it down the sink — use a local medication take-back site if one is available. Otherwise, mix the contents 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, application, or progress — message us anytime through your **Paloma portal**. Nothing you ask will surprise us.



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 chest pain, fainting, sudden vision or hearing changes, a severe allergic reaction, or any medical emergency — **call 911 or go to the ER**. Don't wait for a message reply.



Your care doesn't end at the prescription.

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