

PRESCRIPTION MONOGRAPH

Compounded Active Ingredients: Oxytocin Acetate

Form: Buccal Troche

Drug Class:

- Neuropeptide hormone
 - Hypothalamic hormone analog
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Mechanism of Action^{1,2}:

Oxytocin is a peptide hormone produced by the hypothalamus and secreted by the posterior pituitary. It is intended to

- Stimulate uterine smooth muscle contraction during labor
 - Promote milk ejection in lactating women
 - Improve libido and emotional arousal
 - Modulate social cognition, stress, mood, and appetite
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Indications Commonly Prescribed For:

- Induction or augmentation of labor
 - Postpartum uterine bleeding control
 - Social anxiety disorder
 - Autism spectrum disorder (ASD) support
 - Sexual dysfunction and bonding
 - Appetite suppression / metabolic modulation
 - PTSD, emotional processing, mood disorders
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Before Use: Let your healthcare provider know if you are pregnant or breast feeding. Let your healthcare provider know of all supplements you are currently taking. Let them know of any thyroid or corticosteroid medications you are prescribed.

Contraindications:

- Hypersensitivity to oxytocin
 - Fetal distress, cephalopelvic disproportion (OB use)
 - Cardiovascular disease
 - Hyponatremia risk (high doses or prolonged infusion)
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Cautions: Let your Healthcare provider know of any changes of vision while on this compounded preparation

How to Use: This compounded preparation is in the form of a buccal troche. Wash your hands thoroughly. Place the troche gently between your upper gum and cheek—typically on one side of the mouth—and allow it to dissolve naturally. Do not chew, crush, or swallow the troche. Wait an additional 30 minutes before consuming any food or beverages to maximize the amount of medication absorbed through the buccal tissue. If you miss a dose, take as soon as you remember, but not at the time for the next dose. The desired results may take up to several weeks.

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Warnings and Precautions:

- Hyponatremia due to antidiuretic effects in high doses
 - Use with caution in patients with seizure disorders
 - Psychiatric effects may be context-dependent (prosocial or defensive)
 - Avoid in pregnancy unless under obstetric supervision
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Adverse Reactions:

Common:

- Headache
- Emotional lability
- Drowsiness

Serious:

- Water Intoxication/hyponatremia
 - Hypotension, tachycardia
 - Seizures
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Interactions:

- May potentiate vasopressin or diuretics
 - Caution with SSRIs (risk of hyponatremia)
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Use in Specific Populations:

- Pregnancy: Only under direct obstetric care
 - Lactation: approved for postpartum milk let-down
 - Pediatrics: Investigational used in ASD
 - Geriatrics: Safe in cognitive trials, monitor BP
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Storage:

- Store in original container at room temperature (up to 30°C or 86°F)
 - Store in a cool dry place away from heat, sunlight, and moisture
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Monitoring Parameters:

- For labor induction: uterine tone, fetal heart rate, maternal BP
 - Assess for mood changes, behavioral response, and tolerance
 - Serum sodium in patients at risk of SIADH/hyponatremia
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Citations:

1. Olff M, Frijling JL, Kubzansky LD, et al. The role of oxytocin in social bonding, stress regulation, and mental health: an update on the moderating effects of context and interindividual differences. *Psychoneuroendocrinology*. 2013;38(9):1388-1398. doi:10.1016/j.psyneuen.2013.03.011
 2. Ito E, Shima R, Yoshioka T. A novel role of oxytocin: Oxytocin-induced well-being in humans. *Biophys Physicobiol*. 2019;16:132-139. Published 2019 Aug 24. doi:10.2142/biophysico.16.0_132
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