

# HRT – Practical prescribing

## Types of HRT

### Estrogen

<b>Estradiol</b>	<ul style="list-style-type: none"> <li>• 0.5mg (combined only)/ 1mg / 2mg oral</li> <li>• 25mcg / 37.5mcg / 40mcg / 50mcg / 75mcg / 80mcg/ 100 mcg patches</li> <li>• 0.06% Oestrogel 0.75mg</li> <li>• 500mcg / 1mg Sandrena gel</li> <li>• 1-3 sprays Lenzetto</li> <li>• 10mcg vaginal tablets</li> <li>• 7.5mcg vaginal ring</li> </ul>
<b>Estriol</b>	<ul style="list-style-type: none"> <li>• 0.1% / 0.01% vaginal creams, vaginal pessary, 50mcg/g vaginal gel</li> </ul>
<b>Conjugated estrogens</b>	<ul style="list-style-type: none"> <li>• 0.3mg / 0.625mg / 1.25mg</li> </ul>

### Non-Estrogens

<b>Gonadomimetic Tibolone</b>	<ul style="list-style-type: none"> <li>• 2.5mg oral tablet (for systemic symptoms)</li> </ul>
<b>DHEA Prasterone</b>	<ul style="list-style-type: none"> <li>• 6.5mg pessary (for genitourinary symptoms)</li> </ul>
<b>SERM Ospemifene</b>	<ul style="list-style-type: none"> <li>• 60mg oral tablet (for genitourinary symptoms)</li> </ul>

### Progestogens

<b>Micronised progesterone</b>	
<b>Dydrogesterone</b>	<ul style="list-style-type: none"> <li>• Combined only</li> </ul>
<b>Norethisterone</b>	<ul style="list-style-type: none"> <li>• Combined only</li> </ul>
<b>Levonorgestrel</b>	<ul style="list-style-type: none"> <li>• Combined and IUS</li> </ul>
<b>Norgestrel</b>	
<b>Medroxyprogesterone acetate</b>	

### Testosterone

<b>Implants (off licence, limited availability)</b>
<b>Gel (off licence)</b>

## Routes of therapy

<b>Oral</b>	<ul style="list-style-type: none"> <li>• Tablets (estrogen only, progestogen only, or combined), SERM (for urogenital atrophy)</li> </ul>
<b>Transdermal</b>	<ul style="list-style-type: none"> <li>• Patches (estrogen only or combined) / gels (estrogen only) / Spray (estrogen only)</li> </ul>
<b>Sub-cutaneous</b>	<ul style="list-style-type: none"> <li>• Implants (estrogen only, testosterone only, off licence, limited availability)</li> </ul>
<b>Vaginal</b>	<ul style="list-style-type: none"> <li>• Ring/tablets/creams/pessary/ gel (all estrogen only), DHEA</li> </ul>
<b>Intrauterine</b>	<ul style="list-style-type: none"> <li>• IUS (progestogen only)</li> </ul>

### Estradiol – equivalent doses\*

	Ultra low	Low	Medium	High
<b>Oral</b>	0.5mg	1mg	2mg	3-4mg
<b>Patch</b>	Half 25	25	50	75-100
<b>Gel-pump</b>	½ pump	1 pump	2 pumps	3-4 pumps
<b>Gel-sachet</b>	½ x 0.5mg sachet - 0.25mg	0.5mg	1-1.5mg	2-3mg
<b>Spray</b>	1 spray	2 sprays	3 sprays	—

\* The table has been drawn up as a practical guide based on a combination of pharmacokinetics, clinical trials and clinical experience. The dose equivalents are subject to significant individual variations in absorption and metabolism.

**Not all suggested doses are within Summary of Product Characteristics, so if used, are used off licence.**

### Regimens

#### Estrogen only

#### Estrogen and progestogen

- Sequential/cyclical preparations
- Continuous combined
- 3 monthly bleeds

#### Tibolone

- Hysterectomised patients
- If uterus is present
- Perimenopausal women
- Post menopausal women
- Perimenopausal women

### Common side effects

#### Estrogen

- Fluid retention
- Breast tenderness
- Bloating
- Nausea / Dyspepsia
- Headaches

#### Progestogens

- Fluid retention
- Breast tenderness
- Headaches
- Mood swings
- PMT-like symptoms

### Dealing with side effects

#### Estrogen

- Reduce dose
- Change route
- Change type
- Which hormone is causing the side effect?

#### Progestogens

- Change type
- Reduce dose if available
- Change route
- Alter duration

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