

When Prescribing separate Oestrogen and Progestogen products for HRT

1. Choose suitable Oestrogen product

Transdermal:

- >60yrs
- CVD/VTE risk factors
- Migraine



Oral:



2. Choose correct Oestrogen dose (BMS Guidance)

Table 2: Prescribed estrogen dose for ultra-low, low, standard, moderate and high dose regimens

	Ultra-low dose	Low Dose	Standard dose	Moderate dose	High dose
Oestrogel	½ pump	1 pump	2 pumps	3 pumps	4 pumps
Sandrena	0.25 mg	0.5 mg	1 mg	1.5-2 mg	3 mg*
Lenzetto spray	1 spray	2 sprays	3 sprays	4-5 sprays*	6 sprays*
Patch	12.5 µg	25 µg	50 µg	75 µg	100 µg
Oral estradiol	0.5 mg	1 mg	2 mg	3 mg^	4 mg^

* Off-license use
mg = milligrams

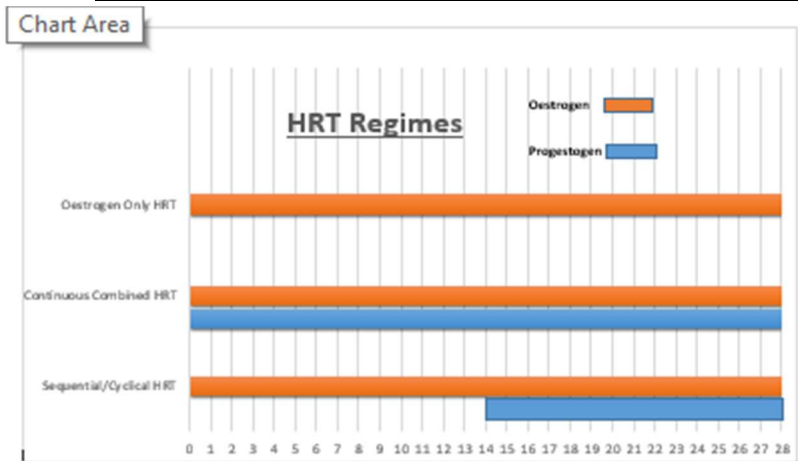
^ Off-license use – rarely required to achieve symptom control
µg = micrograms

3. Choose suitable progestogen (BMS Guidance)



Norethisterone
 Levonorgestrol (52mcg LNG-IUD)
 Medroxy progesterone Acetate
 Micronised Progesterone

4. Choose correct regime – continuous or cyclical (sequential)



Oestrogen only – Those who have had a Total Hysterectomy

Continuous - >54yrs or > 12mths since LMP, can also be used by those who have amenorrhoea from contraception

Cyclical - <54yrs and < 12mths since LMP

5. Choose correct dose of progestogen for oestrogen dose and for type of regime (BMS Guidance)

Table 3: Progestogen dose per licensed estrogen dose in the baseline population

Estrogen dose	Micronised Progesterone		Medroxy progesterone		Norethisterone		LNG-IUD (52mg)
	continuous	sequential	continuous	sequential	continuous	sequential	
Ultra/Low	100 mg	200 mg	2.5 mg	10 mg	5 mg*	5 mg*	
Standard	100 mg	200 mg	2.5-5 mg	10 mg	5 mg*	5 mg*	One – for up to 5 years of use
Moderate	100 mg	200 mg	5 mg	10 mg	5 mg	5 mg	
High	200 mg	300 mg	10 mg [^]	20 mg [^]	5 mg	5 mg	

* 1 mg provides endometrial protection for ultra-low to standard dose estrogen but the lowest stand-alone dose currently available in the UK is 5 mg (off-license use of three noriday POP i.e 1.05 mg. could be considered if 5 mg is not tolerated).

[^] There is limited evidence in relation to optimal MPA dose with high dose estrogen; the advised dose is based on studies reporting 10 mg providing protection with up to moderate dose estrogen.

6. Use Pharmacy text on both Oestrogen and Progestogen prescription

e.g *Oestrogel 2 pumps daily*

PHARMACY TEXT: Must be taken with (insert name of progestogen product)

Medroxyprogesterone Acetate 5mg daily

PHARMACY TEXT: Must be taken with (insert name of oestrogen product)

7. Align the prescriptions

Try to give the same amount of each HRT Product. This will mean they are re-ordered at the same time which would aide monitoring compliance.

Product		
Oestrogel	1 pump dispensing bottle	80 pumps/doses
Lenzetto	1 spray bottle	56/168 sprays
Sandrena	Sachets 0.5mg, 1mg	0.5mg box 28 1mg box 28/91
Patches twice weekly Evorel Estradot Estraderm	Patches	Boxes 8/24 patches
One weekly Femseven		Boxes 4/12
Elleste Solo progynova Zumenon	Tablets 1mg/2mg	Box 84 tablets
Norethisterone	5mg tablets	Box 30 tablets
Medroxyprogesterone Acetate	2.5mg 5mg 10mg	Box 30 Box 100 Box 90
Micronised Progesterone	Utrogestan 100mg Gepretix 100mg	Box 30 Box 30