### Types of HRT

#### Estrogen
- **Estradiol**
  - 0.5mg (combined only)/ 1mg / 2mg oral
  - 25mcg / 37.5mcg / 50mcg / 75mcg / 80mcg / 100 mcg patches
  - 0.06% Oestrogel 0.75mg
  - 500mcg / 1mg Sandrena gel
  - 1-3 sprays Lenzetto
  - 10mcg vaginal tablets
  - 7.5mcg vaginal ring
- **Estriol**
- **Conjugated estrogens**
  - 0.1% / 0.01% vaginal creams, vaginal pessary, 50mcg/g vaginal gel
  - 0.3mg / 0.625mg / 1.25mg

#### Non-Estrogens
- **Gonadomimetic Tibolone**
- **DHEA Prasterone**
- **SERM Ospemifene**

#### Progestogens
- **Micronised progesterone**
- **Dydrogesterone**
- **Norethisterone**
- **Levonorgestrel**
- **Norgestrel**
- **Medroxyprogesterone acetate**

#### Testosterone
- **Implants (off licence, limited availability)**
- **Gel (off licence)**

### Routes of therapy
- **Oral**
  - Tablets (estrogen only, progestogen only, or combined), SERM (for urogenital atrophy)
- **Transdermal**
  - Patches (estrogen only or combined) / gels (estrogen only) / Spray (estrogen only)
- **Sub-cutaneous**
  - Implants (estrogen only, testosterone only, off licence, limited availability)
- **Vaginal**
  - Ring/tablets/creams/pessary/ gel (all estrogen only), DHEA
- **Intrauterine**
  - IUS (progestogen only)
Estradiol – equivalent doses*

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

* 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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