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HRT preparations and equivalent alternatives

The British Menopause Society (BMS) has produced this document to guide BMS members and clinical practitioners providing information regarding equivalent HRT preparations.

The equivalence data included in this practical guide were based on a combination of pharmacokinetics, clinical trials and clinical experience. The dose equivalents included are subject to significant individual variations in absorption and metabolism. HRT practical prescribing including oestradiol starting doses and subsequent dose increments should be guided by symptom control and the patient's clinical background.

1. Women taking sequential HRT preparations with transdermal oestradiol can consider the following options below:

Evorel Sequi patches

Provides transdermal oestradiol with sequential progestogen (norethisterone)

Alternatively, women can consider transdermal oestrogen delivery with an alternative progestogen by taking oestrogen and progestogen separately:

Oestrogen:

- Evorel 50 patches
- Estradot 50 patches
- Estraderm 50 patches
- Femseven mono 50 patches
- Progynova TS 50 patches

Or an oestradiol gel preparation such as Oestrogel or Sandrena:

Oestrogel one measure twice a day would be equivalent to the oestrogen dose in Evorel Sequi

Or **Sandrena 1mg sachet a day would be equivalent to the oestrogen dose in Evorel Sequi**

Or **oestradiol spray Lenzetto three sprays (40 mcgm) would be equivalent to the oestrogen dose in Evorel Sequi**

Progestogen:

Micronised Progesterone: Utrogestan 200mg orally for 12 days a month at night (cyclical)

Or **Provera 10mg orally for 12 days a month**

Or **Norethisterone 5mg orally for 12 days a month**

Or **Mirena IUS**

2. Women taking continuous combined HRT preparations with transdermal oestradiol can consider the following options below:

Evorel Conti patches

Evorel Conti patches: Transdermal oestradiol with continuous progestogen (norethisterone)

Femseven Conti patches: Transdermal oestradiol with continuous progestogen (levonorgestrel)

Alternatively, women can consider transdermal oestradiol delivery with an alternative progestogen by taking oestrogen and progestogen separately:

Oestrogen:

- **Evorel 50 patches**
- **Estradot 50 patches**
- **Estraderm 50 patches**
- **Femseven 50 mono patches**

Or an **oestradiol gel preparation** such as **Oestrogel** or **Sandrena**

Oestrogel one measure twice a day equivalent to the oestrogen dose in **Evorel Conti**

Or **Sandrena 1mg sachet** a day would be equivalent to the oestrogen in **Evorel Conti**

Or **oestradiol spray Lenzetto** three sprays (40 mcgm) equivalent to the oestrogen dose in **Evorel Conti**

Progestogen:

Micronised Progesterone: Utrogestan 100mg orally at night daily on continuous basis

Or **Provera a minimum of 2.5mg** orally daily on continuous basis

Or **Norethisterone 5mg** orally daily on continuous basis (1mg would be sufficient for use in a continuous combined regimen but not available in stand-alone preparations)

Off license use of norethisterone in progestogen only contraceptive pills (e.g. **Noriday** 3 x tablets of 350 micrograms a day, will provide 1.05mg of norethisterone) may be considered as an equivalent alternative.

Or **Mirena IUS**

Earlier studies have reported that desogestrel 150 micrograms is effective as the progestogen component of HRT with no increase in the risk of endometrial hyperplasia. There is lack of evidence on the use of desogestrel 75 micrograms as the progestogen component of HRT.

If desogestrel 75 micrograms is used as contraception in women receiving HRT, it would be recommended to add further progestogen (e.g. Utrogestan 100 mg daily or 200 mg for 12 days a month) to provide adequate endometrial protection.

3. Equivalence options for different doses of transdermal oestradiol

- **Evorel (25/50/75/100)**
- **Estradot patches (25/50/75/100)**
- **Estraderm patches (25/50/75/100)**
- **Femseven mono (50/75/100)**
- **Progynova TS (50/100).**

For a dose of 25 can use half a patch of 50.

For a dose of 75 can use 3/4 of a patch of 100.

Alternatively, could switch to a gel preparation as **Oestrogel** or **Sandrena** or **Lenzetto** spray to take with current progestogen intake as above:

If taking **Evorel 25: Oestrogel** one measure a day would give an equivalent.

If taking **Evorel 50: Oestrogel** one measure twice a day would give an equivalent.

If taking **Evorel 75: Oestrogel** three measures a day (2am and 1pm or vice versa) would give an equivalent.

If taking **Evorel 100: Oestrogel** 4 measures a day (2am and 2pm) would give an equivalent.

Or Sandrena gel:

If taking **Evorel 25: 0.5mg Sandrena** sachet a day would give an equivalent.

If taking **Evorel 50: 1mg Sandrena** sachet a day would give an equivalent.

Or **Lenzetto three sprays (40mcgm)** equivalent to two measures of Oestrogel or 50 microgram patch

4. Women taking transdermal oestradiol only HRT in the form of (25/50/75/100) patches and do not require taking progestogen (women who had a hysterectomy) can consider:

Evorel (25/50/75/100)

Estradot patches (25/50/75/100)

Estradem patches (25/50/75/100)

Femseven mono (50/75/100)

Progynova TS (50/100).

For a dose of 25 can use half a patch of 50. For a dose of 75 can use 3/4 of a patch of 100.

Alternatively, could take a gel preparation such as **Oestrogel** or **Sandrena**:

Oestrogel:

If taking **Evorel 25: Oestrogel** one measure a day would give an equivalent

If taking **Evorel 50: Oestrogel** one measure twice a day would give an equivalent

If taking **Evorel 75: Oestrogel** three measures a day (2am and 1pm or vice versa) would give an equivalent

If taking **Evorel 100: Oestrogel** 4 measures a day (2am and 2pm) would give an equivalent

Or **Sandrena gel:**

If taking **Evorel 25: 0.5mg Sandrena** sachet a day would give an equivalent

If taking **Evorel 50: 1mg Sandrena** sachet a day would give an equivalent

Or **Lenzetto** three sprays (40 mcgm) equivalent to two measures of Oestrogel or 50 microgram patch

5. Women taking a combined sequential oral HRT preparation containing 1mg of oestradiol, can consider the following alternatives below:

Femoston 1/10 1mg oestradiol + 10mg dydrogesterone

Elleste Duet™ 1mg oestradiol + 1mg norethisterone acetate

Novofem 1mg oestradiol + 1 mg norethisterone acetate

Or take **oestrogen** and **progestogen** separately:

Oral oestradiol 1mg and micronised progesterone

(taken separately: **Utrogestan 200mg** orally for 12 days a month at night (cyclical))

Or **Provera 10mg** orally for 12 days a month

Or **Norethisterone 5mg** orally for 12 days a month

Or **Mirena IUS**

6. Women taking a combined sequential oral HRT preparation containing 2mg of oestradiol, can consider the following:

Femoston 2/10 2mg oestradiol + 10mg dydrogesterone

Elleste Duet™ 2mg oestradiol + 1mg norethisterone acetate

Trisequens 2mg/2mg/1mg oestradiol + 1mg norethisterone acetate

Or take **oestrogen** and **progestogen** separately:

Oral oestradiol 2mg and micronised progesterone

(taken separately: **Utrogestan 200mg** orally for 12 days a month at night (cyclical))

Or **Provera 10mg** orally for 12 days a month

Or **Norethisterone 5mg** orally for 12 days a month

Or **Mirena IUS**

7. Women taking continuous combined oral HRT preparation containing 1mg of oestradiol, can consider the following:

Bijuve capsule 1mg oestradiol + 100 mg progesterone

Femoston conti 1mg oestradiol + 5mg dydrogesterone

Kliovance 1mg oestradiol + 0.5mg norethisterone acetate

Indivina 1mg oestradiol + 2.5mg medroxyprogesterone acetate

Indivina 1mg oestradiol + 5mg medroxyprogesterone acetate

Or take **oestrogen** and **progestogen** separately:

Oral oestradiol 1mg + micronised progesterone: Utrogestan 100 mg orally at night daily on continuous basis

Or **Provera a minimum of 2.5mg** orally daily on continuous basis

Or **Norethisterone 5mg** orally daily on continuous basis (1mg would be sufficient for use in a continuous combined regimen but not available in stand-alone preparations)

Off license use of norethisterone in progestogen only contraceptive pills (e.g. **Noriday 3 x tablets** of 350 micrograms a day, will provide 1.05 mg of norethisterone) may be considered as an equivalent alternative.

Or **Mirena IUS**

8. Women taking continuous combined oral HRT preparation containing 2mg of oestradiol, can consider the following:

Elleste Duet™ Conti 2mg oestradiol + 1mg norethisterone

Klifem 2mg oestradiol + 1mg norethisterone acetate

Indivina 2mg oestradiol + 5mg medroxyprogesterone acetate

Or take **oestrogen** and **progestogen** separately:

Oral oestradiol 2mg + micronised progesterone: Utrogestan 100mg orally at night daily on continuous basis

Or **Provera a minimum of 2.5mg** orally daily on continuous basis

Or **Norethisterone 5mg orally** daily on continuous basis (1mg would be sufficient for use in a continuous combined regimen but not available in stand-alone preparations)

Off license use of **norethisterone in progestogen only** contraceptive pills (e.g. **Noriday 3 x tablets** of 350 micrograms a day, will provide 1.05mg of **norethisterone**) may be considered as an equivalent alternative.

Or **Mirena IUS**

9. Women taking oestrogen only (1 mg) oral HRT and do not require taking progestogen (women who had a hysterectomy), can consider the following:

Elleste Solo™ 1mg oestradiol tablets

Zumenon® 1mg oestradiol tablets

Progynova 1mg oestradiol tablets

10. Women taking oestrogen only (2 mg) oral HRT and do not require taking progestogen (women who had a hysterectomy), can consider the following:

Elleste Solo™ 2mg oestradiol tablets

Zumenon® 2mg oestradiol tablets

Progynova 2mg oestradiol tablets

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