



## INFORMATION SHEET

### AMS Guide to Equivalent HRT/MHT Doses

This Information Sheet has been developed as a guideline only to approximately equivalent doses of the different HRT/MHT products available Sept 2016. HRT is now referred to as Menopausal Hormone Therapy (MHT). The intention is to help physicians change their patients to higher or lower approximate doses of HRT/MHT if needing to tailor therapy, or remain within the same approximate dose if needing to change brands of HRT/MHT. Products marked (Aus) are Australia only and products marked (NZ) are NZ only. Products with an \* meaning Private/non PBS script.

### Oestrogen and progestogen combination MHT

Use cyclical oestrogen and progestogen combinations at peri-menopause or if less than 12 months amenorrhoea

Low Dose		
Product	Presentation	Composition
Femoston (Aus)	tablet	1mg oestradiol/10mg dydrogesterone
Medium dose		
Trisequens*	tablet	1 and 2mg oestradiol/1mg norethisterone
Femoston (Aus)	tablet	2mg oestradiol/10mg dydrogesterone
Estalis sequi 50/140 (Aus)	transdermal patch	50mcg 17 B oestradiol/140mcg norethisterone acetate (twice weekly application)
Estalis sequi 50/250 (Aus) (same oestrogen, more progestogen than Estalis sequi 50/140)	transdermal patch	50mcg 17 B oestradiol/250mcg norethisterone acetate (twice weekly application)

### Continuous oestrogen and progestogen combinations

Should be used if 12 months since LMP or after 12 months cyclical MHT

Low dose		
Product	Presentation	Composition
Angeliq1/2* (Aus)	tablet	1mg oestradiol/2mg drospirenone
Femoston-conti (Aus)	tablet	1mg oestradiol/5mg dydrogesterone
Kliovance*	tablet	1mg oestradiol/0.5mg norethistrone
Livial*, Xyvion* (generally suitable for older women or at least one year post-menopause)	tablet	2.5mg tibolone
Medium dose		
Kliogest*	tablet	2mg oestradiol/1mg norethistrone
Premia 2.5 continous*	tablet	0.625mg conjugated equine oestrogens/ 2.5mg medroxyprogesterone acetate
Premia 5 continous* (same oestrogen, more progestogen than Premia 2.5 continous)	tablet	0.625mg conjugated equine oestrogens/ 5mg medroxyprogesterone acetate
Estalis continuous 50/140 (Aus)	transdermal patch	50mcg 17 B oestradiol/140mcg norethisterone acetate (twice weekly application)
Estalis continuous 50/250 (Aus) (same oestrogen, more progestogen than Estalis continuous 50/140)	transdermal patch	50mcg 17 B oestradiol/250mcg norethisterone acetate (twice weekly application)

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## Oestrogen only therapy

Only use these if patient has had a hysterectomy or in combination with a progestogen or Mirena if intact uterus

Low dose		
Product	Presentation	Composition
Estrofem*	tablet	1mg 17 B oestradiol
Progynova	tablet	1mg oestradiol valerate
Premarin*	tablet	0.3mg conjugated equine oestrogen
Climara 25	transdermal patch	25mcg/24hrs 17 B oestradiol (weekly application)
Estradot 25 or 37.5	transdermal patch	25 or 37.5mcg/24hrs 17B oestradiol (twice weekly application)
Estraderm 25 MX (Aus)	transdermal patch	25mcg/24hrs 17B oestradiol (twice weekly application)
Medium dose		
Estrofem*, Zumenon (Aus)	tablet	2mg 17B oestradiol
Progynova	tablet	2mg oestradiol valerate
Premarin*	tablet	0.625mg conjugated equine oestrogens
Climara 50	transdermal patch	50mcg/24hours 17B oestradiol (weekly application)
Estradot 50, Estraderm 50 MX (Aus)	transdermal patch	50mcg/24 hours 17B oestradiol (twice weekly application)
Sandrena	gel	1mg oestradiol (daily application)
High dose		
Climara 75	transdermal patch	75mcg/24hours oestradiol (weekly application)
Estradot 75, Estradot 100	transdermal patch	75 or 100mcg/24 hours (twice weekly application)
Climara 100	transdermal patch	100mcg/24hours oestradiol (weekly application)
Estraderm 100 MX (Aus)	transdermal patch	100mcg/24hours 17B oestradiol (twice weekly application)
Oestradiol implants - No longer available		
Oestrogen only vaginal therapy		
Product	Presentation	Composition
Ovestin	cream	1mg/g oestriol
Vagifem Low	pessary	10mcg oestradiol

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### Progestogen

Suggested alternative doses for use with the oestrogen preparations above where fixed dose therapy is not suitable

Low dose for use with low dose oestrogen		
Product	Presentation	Composition
Provera (1/2 of 5mg tablet)	tablet	2.5mg medroxyprogesterone acetate
Provera 2.5mg tablet*	tablet	2.5mg medroxyprogesterone acetate
Primolut N (1/4 of 5mg tablet)	tablet	1.25 mg norethisterone
Mirena* (PBS indication for contraception/menorrhagia)	device (5 years)	20mcg/24hrs levonorgestrel

Low dose progestogen-only contraceptive pills (Microlut (30mcg levonorgestrel), and Noriday (both 350mcg norethisterone) are used by some clinicians in various doses but there is limited data for dosages of these pills required for endometrial protection. 1 mg norethisterone was considered the minimum dose (cyclical or continuous) for adequate endometrial protection in the Cochrane Review (Cochrane Database Syst Rev. 2009 Apr 15;(2):CS000402).

Medium dose for use with medium dose estrogen		
Product	Presentation	Dose
Primolut N (1/4 of 5mg tablet)	tablet	1.25 mg norethisterone
Provera, Ralovera (Aus)	tablet	5mg medroxyprogesterone acetate
Utrogestan (NZ), Prometrium* (Aus)	capsule	100 mg micronized progesterone
Mirena* (PBS indication for contraception/menorrhagia)	device (5 years)	20mcg/24hrs levonorgestrel
Higher dose (for use in cyclical therapy or continuous therapy with high dose oestrogen)		
Primolut N (1/2 5mg tablet)	tablet	2.5mg norethisterone
Provera, Ralovera (Aus)	tablet	10mg medroxyprogesterone acetate
Utrogestan (NZ)	capsule	200 mg micronized progesterone
Prometrium* (Aus)	capsule	2x 100mg micronized progesterone