

AMS Guide to Equivalent MHT/HRT Doses

AUSTRALIA ONLY

This Information Sheet has been developed as a guideline only to approximately equivalent doses of the different TGA registered MHT/HRT products available in Australia in May 2020. Hormone Replacement Therapy (HRT) is now referred to as Menopausal Hormone Therapy (MHT). The intention of this sheet is to help physicians change their patients to higher or lower approximate doses of MHT if needing to tailor therapy, or remain within the same approximate dose if needing to change brands of MHT. Private/non-PBS script products are marked with an*

CYCLIC MENOPAUSAL HORMONE THERAPY (MHT)

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

LOW DOSE		
PRODUCT	PRESENTATION	COMPOSITION
Femoston	tablet	1mg oestradiol/10mg dydrogesterone
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	1 pump (0.75mg oestradiol) daily, and 2 capsules (200mg) micronised progesterone orally for 12 days out of a 28-day cycle
MEDIUM DOSE		
Trisequens*	tablet	1 and 2mg oestradiol/1mg norethisterone
Femoston	tablet	2mg oestradiol/10mg dydrogesterone
Estalis sequi 50/140)	transdermal patch	50mcg 17 B oestradiol/140mcg norethisterone acetate (twice weekly application)
Estalis sequi 50/250 (same oestrogen, more progestogen than Estalis sequi 50/140)	transdermal patch	50mcg 17 B oestradiol/250mcg norethisterone acetate (twice weekly application)
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	2 pumps (1.5mg oestradiol) daily, and 2 capsules (200mg) micronised progesterone orally for 12 days out of a 28-day cycle

CONTINUOUS COMBINED MENOPAUSAL HORMONE THERAPY (MHT)

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

LOW DOSE		
PRODUCT	PRESENTATION	COMPOSITION
Angeliq 1/2*	tablet	1mg oestradiol/2mg drospirenone
Femoston-conti	tablet	1mg oestradiol/5mg dydrogesterone
Kliovance*	tablet	1mg oestradiol/0.5mg norethisterone
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	1 pump (0.75mg oestradiol) daily, and 1 capsule (100mg) micronised progesterone orally for 25 days out of a 28-day cycle [^]
OTHER LOW DOSE HORMONAL OPTIONS		
Livial*, Xyvion*	tablet	2.5mg tibolone
Duavive* (oestrogen/SERM combination)	tablet	0.45mg conjugated equine oestrogens / 20mg bazedoxifene
MEDIUM DOSE		
Kliogest*	tablet	2mg oestradiol/1mg norethisterone
Estalis continuous 50/140	transdermal patch	50mcg 17 B oestradiol/140mcg norethisterone acetate (twice weekly application)
Estalis continuous 50/250 (same oestrogen, more progestogen than Estalis continuous 50/140)	transdermal patch	50mcg 17 B oestradiol/250mcg norethisterone acetate (twice weekly application)
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	2 pumps (1.5mg oestradiol) daily, and 1 capsule (100mg) micronised progesterone orally for 25 days out of a 28-day cycle [^]

[^] Can be given daily if adherence is an issue

NOTE: Medical and scientific information provided and endorsed by the Australasian Menopause Society might not be relevant to a particular person's circumstances and should always be discussed with that person's own healthcare provider. This Information Sheet contains copyright or otherwise protected material. Reproduction of this Information Sheet by Australasian Menopause Society Members and other health professionals for clinical practice is permissible. No other reproduction or transmission is permitted in any form or by any information storage and retrieval systems except as permitted under the Copyright Act 1968 or with prior written permission from the copyright owner. ID:2020-02-13



**AUSTRALASIAN
MENOPAUSE
SOCIETY**
EMPOWERING MENOPAUSAL WOMEN

www.menopause.org.au

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	transdermal patch	25mcg/24hrs 17B oestradiol (twice weekly application)
Estroge!*	gel	0.75mg oestradiol = 1 pump
MEDIUM DOSE		
Estrofem*, Zumenon	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	transdermal patch	50mcg/24 hours 17B oestradiol (twice weekly application)
Sandrena	gel	1mg oestradiol (daily application)
Estroge!*	gel	1.5mg oestradiol = 2 pumps
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	transdermal patch	100mcg/24hours 17B oestradiol (twice weekly application)
Estroge!*	gel	2.25mg oestradiol = 3 pumps or 3.0mg oestradiol = 4 pumps
OESTROGEN ONLY VAGINAL THERAPY		
If prescribing vaginal oestrogen rather than systemic hormone therapy, a progestogen is not required.		
PRODUCT	PRESENTATION	COMPOSITION
Ovestin	cream	1mg/g oestriol
Ovestin	pessary	0.5mg oestriol
Vagifem Low	pessary	10mcg oestradiol

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
Prometrium*	capsule	100mg micronised progesterone orally for 25 days out of a 28-day cycle [^] or 200mg orally daily for 12 days out of a 28-day cycle
Mirena*(PBS indication for contraception/ menorrhagia)	device (5 years)	20mcg/24hrs levonorgestrel
MEDIUM DOSE for use with medium dose oestrogen		
PRODUCT	PRESENTATION	COMPOSITION
Primolut N (1/4 of 5mg tablet)	tablet	1.25 mg norethisterone
Provera, Ralovera	tablet	5mg medroxyprogesterone acetate
Prometrium*	capsule	100mg micronised progesterone orally for 25 days out of a 28-day cycle [^] or 200mg orally for 12 days out of a 28-day cycle
Mirena*(PBS indication for contraception/menorrhagia)	device	20mcg/24hrs levonorgestrel (5 years)
HIGHER DOSE (for use in cyclical therapy or continuous therapy with high dose oestrogen)		
PRODUCT	PRESENTATION	COMPOSITION
Primolut N (1/2 5mg tablet)	tablet	2.5mg norethisterone
Provera, Ralovera	tablet	10mg medroxyprogesterone acetate
Prometrium*	capsule	200mg orally daily for 12 days out of a 28-day cycle. Safe continuous dose unknown due to insufficient data
Mirena*(PBS indication for contraception/menorrhagia)	device	20mcg/24hrs levonorgestrel (5 years)

[^]Can be given daily if adherence is an issue

Low dose progestogen-only contraceptive pills (Microlut (30mcg levonorgestrel), and Noriday (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).



**AUSTRALASIAN
MENOPAUSE
SOCIETY**
EMPOWERING MENOPAUSAL WOMEN

www.menopause.org.au