

## INFORMATION SHEET

### AMS Guide to MHT/HRT Doses New Zealand Only

This Information Sheet has been developed as a guideline only to the different MHT/HRT products available in New Zealand in October 2023. 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 Pharmac subsidised script products are marked with an \*.

#### Progestogen

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

Low dose for use with low dose oestrogen		
Product	Presentation	Composition
Provera (½ of 5mg tablet)	tablet	2.5mg medroxyprogesterone acetate
Provera 2.5mg tablet*	tablet	2.5mg medroxyprogesterone acetate
Primolut N (¼ of 5mg tablet)	tablet	1.25 mg norethisterone
Utrogestan*	capsule	100mg micronised progesterone orally for 25 days out of a 28-day cycle <sup>1</sup> or 200mg orally daily for 12 days out of a 28-day cycle
Mirena* (Pharmac indication for menorrhagia/anaemia)	intrauterine system	52 mg Levonorgestrel (approx 20mcg daily over 5 years)
Medium dose for use with medium dose oestrogen <sup>2</sup>		
Primolut N (¼ of 5mg tablet)	tablet	1.25 mg norethisterone
Provera	tablet	5mg medroxyprogesterone acetate
Utrogestan*	capsule	100mg micronised progesterone orally for 25 days out of a 28-day cycle <sup>1</sup> or 200mg orally daily for 12 days of a 28-day cycle
Mirena* (Pharmac indication for menorrhagia/anaemia)	intrauterine system	52 mg Levonorgestrel (approx 20mcg daily over 5 years)
Higher dose (for use in cyclic therapy or continuous therapy with high dose oestrogen) <sup>2</sup>		
Primolut N (1/2 5mg tablet)	tablet	2.5mg norethisterone
Provera	tablet	10mg medroxyprogesterone acetate
Utrogestan*	capsule	100mg micronised progesterone orally for 25 days out of a 28-day cycle <sup>1</sup> or 200mg orally for 12 days out of a 28-day cycle
Mirena* (Pharmac indication for menorrhagia/anaemia)	intrauterine system	52 mg Levonorgestrel (approx 20mcg daily over 5 years)

1. Can be given daily if adherence is an issue
2. There are insufficient data for the need to increase the dose of micronised progesterone with higher oestrogen doses, or safety of higher doses. Therefore, the current recommendation is 200mg of progesterone for 12 days on a cyclical regimen or 100mg per day on a continuous regimen. This may not be enough in terms of unscheduled bleeding with higher doses of oestrogen. Patients commenced on continuous combined MHT should not bleed after the first 6 months of use. If they do bleed, they need investigating. Those using combined cyclic therapy should have a withdrawal bleed around the end of the progestogen phase and if they bleed out of cycle, too long or too heavily, they also need an ultrasound. If investigation of unscheduled or out of cycle bleeding discloses no endometrial abnormality, it may be appropriate to increase the dose of progestogen to 200mg daily for women using high dose oestrogen on a continuous regimen and to 300-400mg for 12 days per month for those using high dose oestrogen on a cyclic regimen.

**The use of oestrogen plus progestogen is intended to reduce the risk of endometrial cancer to the level seen in an untreated population and not to zero.** Consequently, women and their doctors should be aware of the importance of investigating any postmenopausal bleeding (see AMS Information Sheet [Bleeding – perimenopausal, postmenopausal and breakthrough bleeding on MHT/HRT](#)).

**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 oestradiol hemihydrate
Proginova	tablet	1mg oestradiol valerate
Premarin*	tablet	0.3mg conjugated equine oestrogen
Estradot 25	transdermal patch	25 /24hrs oestradiol (twice weekly application)
Climara 25*	transdermal patch	25mcg/24hrs oestradiol (weekly application)
Estrogestin <sup>^</sup>	gel	0.75mg oestradiol hemihydrate = 1 pump
Medium dose		
Proginova	tablet	2mg oestradiol valerate
Estradot 50	transdermal patch	50mcg/24 hours oestradiol (twice weekly application)
Premarin*	tablet	0.625mg conjugated equine oestrogens
Sandrena**	gel	1mg oestradiol (daily application)
Climara 50*	transdermal patch	50mcg/24hours oestradiol (weekly application)
Estrogestin <sup>^</sup>	gel	1.5mg oestradiol hemihydrate = 2 pumps
High dose		
Estradot 75	transdermal patch	75 or 100mcg/24 hours (twice weekly application)
Estradot 100		
Climara 75*	transdermal patch	75mcg/24hours oestradiol (weekly application)
Climara 100*	transdermal patch	100mcg/24hours oestradiol (weekly application)
Estrogestin <sup>^</sup>	gel	2.25mg oestradiol hemihydrate = 3 pumps or
		3.0mg oestradiol hemihydrate = 4 pumps
Oestradiol implants - No longer available		
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

# Note Sandrena is only available under Section 29 at online pharmacies.

<sup>^</sup>Note Estrogestin is only available under Section 29 direct from supplier Pharmaco.

## Cyclical oestrogen and progestogen combination MHT

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

Medium dose		
Trisequens*	tablet	1 and 2mg oestradiol hemihydrate/1mg norethisterone acetate

## Continuous oestrogen and progestogen combinations

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

Low dose		
Product	Presentation	Composition
Kliovance*	tablet	1mg oestradiol hemihydrate/0.5mg norethisterone acetate
Other Low dose hormonal options		
Livial*, Xyvion*	tablet	2.5mg tibolone
Duaveve*	tablet	0.45mg conjugated equine oestrogens / 20mg bazedoxifene acetate
Medium dose		
Kliogest*	tablet	2mg oestradiol/1mg norethisterone acetate

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