

AMS Guide to Equivalent HRT Doses

This Information Sheet has been developed as a guideline only to approximately equivalent doses of the different HRT products available in 2014. The intention is to help physicians change their patients to higher or lower approximate doses of HRT if needing to tailor therapy, or remain within the same approximate dose if needing to change brands of HRT.

This Information Sheet has been developed as a guideline only to approximately equivalent doses of the different HRT products available 1st August 2011. The intention is to help physicians change their patients to higher or lower approximate doses of HRT if needing to tailor therapy, or remain within the same approximate dose if needing to change brands of HRT.

Products which are underlined are Australia only; products in *italics* are NZ only.

Products with an * meaning **Private/non PBS script**.

| Oestrogen & progestogen combination HRT | | |
|--|--------------------------|---|
| Cyclical oestrogen & progestogen combinations | | |
| use these at peri-menopause and until at least 12 months amenorrhoea | | |
| Medium dose | | |
| Product | Presentation | Composition |
| Trisequens* | <u>tablet</u> | <u>1 and 2mg oestradiol/1mg norethisterone</u> |
| <u>Femoston</u> | <u>tablet</u> | <u>2mg oestradiol/10mg dydrogesterone</u> |
| <u>Estalis sequi 50/140</u> | <u>transdermal patch</u> | <u>50mcg 17 β oestradiol/140mcg norethisterone acetate (twice weekly application)</u> |
| <u>Estalis sequi 50/250 (same oestrogen, more progestogen than Estalis sequi 50/140)</u> | <u>transdermal patch</u> | <u>50mcg 17 β oestradiol/250mcg norethisterone acetate (twice weekly application)</u> |
| Continuous oestrogen & progestogen combinations | | |
| should be used if 12 months since LMP or after 12 months cyclical HRT | | |
| Low dose | | |
| Product | Presentation | Composition |
| <u>Angeliq1/2*</u> | <u>tablet</u> | <u>1mg oestradiol/2mg drospirenone</u> |
| Kliovance* | tablet | 1mg oestradiol/0.5mg norethisterone |
| Livial*, Xyvion* (generally suitable for older women or at least 1 year post-menopause) | tablet | 2.5mg tibolone |
| Medium dose | | |
| <u>Kliogest*</u> | tablet | 2mg oestradiol/1mg norethisterone |
| Premia 2.5 continuous* | tablet | 0.625mg conjugated equine oestrogens/2.5mg medroxyprogesterone acetate |
| Premia 5 continuous* (same oestrogen, more progestogen than Premia 2.5 continuous) | tablet | 0.625mg conjugated equine oestrogens/5mg medroxyprogesterone acetate |
| <u>Estalis continuous 50/140</u> | <u>transdermal patch</u> | <u>50mcg 17 β oestradiol/140mcg norethisterone acetate (twice weekly application)</u> |
| <u>Estalis continuous 50/250 (same oestrogen, more progestogen than Estalis continuous 50/140)</u> | <u>transdermal patch</u> | <u>50mcg 17 β oestradiol/250mcg norethisterone acetate (twice weekly application)</u> |

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| Oestrogen only therapy | | |
|---|-------------------|---|
| <i>only use these if patient has had a hysterectomy or in combination with a progestogen or Mirena if intact uterus</i> | | |
| Low dose | | |
| Product | Presentation | Composition |
| Estrofem* | tablet | 1mg 17 β oestradiol |
| Progynova | tablet | 1mg oestradiol valerate |
| Ovestin* | tablet | 2mg oestriol |
| Premarin* | tablet | 0.3mg conjugated equine oestrogen |
| Climara 25, Femtran 25 | transdermal patch | 25mcg/24hrs 17 β oestradiol (weekly application) |
| Estradot 25 or <u>37.5</u> | transdermal patch | 25 or <u>37.5mcg/24hrs 17 β oestradiol</u> (twice weekly application) |
| <u>Estraderm 25 MX</u> | transdermal patch | 25mcg/24hrs 17 β oestradiol (twice weekly application) |
| Estraderm 25 MX (to be discontinued mid 2012) | transdermal patch | 25mcg/24hrs 17 β oestradiol (twice weekly application) |
| Medium dose | | |
| Estrofem*, Zumenon | tablet | 2mg 17 β oestradiol |
| Progynova | tablet | 2 mg oestradiol valerate |
| Premarin* | tablet | 0.625mg conjugated equine oestrogen |
| Climara 50, <i>Femtran 50*</i> | transdermal patch | 50mcg/24hrs 17 β oestradiol (weekly application) |
| Estradot 50, <u>Estraderm 50 MX</u> | transdermal patch | 50mcg/24 hours 17β oestradiol (twice weekly application) |
| <u>Sandrena</u> | transdermal gel | 1mg oestradiol (daily application) |
| High dose | | |
| Climara 75 | transdermal patch | 75mcg/24hrs oestradiol (weekly application) |
| <u>Estradot 75</u> , Estradot 100 | transdermal patch | 75 or 100mcg/24 hours (twice weekly application) |
| Climara100, <i>Femtran99</i> | transdermal patch | 100mcg/24hrs oestradiol (weekly application) |
| Estraderm 100 MX | transdermal patch | <u>100mcg/24hours 17 β oestradiol (twice weekly application)</u> |
| <u>Estraderm 100</u> (to be discontinued mid 2012) | transdermal patch | <u>100mcg/24hours 17 β oestradiol (twice weekly application)</u> |
| Oestradiol implants - No longer available | | |
| Oestrogen only vaginal therapy | | |
| Ovestin | cream | 1mg/g oestriol |
| Vagifem | pill | 25mcg 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 2.5 mg tablet* | tablet | 2.5mg medroxyprogesterone acetate |
| Primolut N (1/4 of 5 mg 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), Noriday*, Micronor* (both 350 mcg 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 when combined with 2mg 17 β oestradiol in the Cochrane Review (Cochrane Database Syst Rev. 2009 Apr 15;(2):CS000402). | | |
| Medium dose for use with medium dose oestrogen | | |
| Primolut N (1/4 of 5mg tablet) | tablet | 1.25mg norethisterone |
| Provera, <u>Ralovera</u> | tablet | 5mg medroxyprogesterone acetate |
| <i>Uterogestan (NZ only)</i> | capsule | 100 mg micronised progesterone |
| Mirena* (PBS indication for contraception/menorrhagia) | <i>device (5 years)</i> | <i>20 mcg/24 hours levonorgestrel</i> |
| 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 | tablet | 10mg medroxyprogesterone acetate |
| <i>Uterogestan (NZ only)</i> | <i>capsule</i> | <i>200 mg micronised progesterone</i> |