



ADULT MEDICATION GUIDELINE

ESTROGEN (HRT)

Scope (Staff): All WNHS Staff

Scope (Area): Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

Quick Links

[Dose](#)

[Administration](#)

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[Pregnancy and Breastfeeding](#)

Restrictions

Formulary: Restricted ([estradiol patch](#), [ethinylestradiol + drospirinone tablet](#), [estradiol + norethisterone acetate tablet](#))

Formulary: Unrestricted ([estradiol tablet](#), [estradiol gel](#), [conjugated estrogens](#), [estradiol + dydrogesterone tablet](#), [estradiol + norethisterone acetate patch](#))

Non-Formulary - IPA Required ([estriol tablet](#), [estradiol + drospirinone tablet](#))

Medication Class

Hormone replacement therapy

Presentation

Estrogen	
Estrogen Only Products	
Form and Brand	Active Ingredients and Strength
Premarin® Tablets	Conjugated estrogen 300microg
Premarin® Tablets	Conjugated estrogen 625microg
Combined Estrogen Products	
Form and Brand	Active Ingredients and Strength
Premia 2.5 Continuous® Tablets	Medroxyprogesterone 2.5mg with conjugated estrogen 625microg
Estradiol	
Estradiol Only Products	
Form and Brand	Active Ingredients and Strength

Progynova® Tablets	Estradiol valerate 1mg
	Estradiol valerate 2mg
Estradot® Patches	Estradiol 25microg/24 hours
	Estradiol 37.5microg/24 hours
	Estradiol 50microg/24 hours
	Estradiol 75microg/24 hours
	Estradiol 100microg/24 hours
Estraderm MX® Patches	Estradiol 25microg/24 hours
	Estradiol 50microg/24 hours
	Estradiol 100microg/24 hours
Climara® Patches	Estradiol 100microg/24 hours
Sandrena® Transdermal Gel	Estradiol 1mg/g (1g sachets)

Combined Estradiol Products	
Form and Brand	Active Ingredients and Strength
Kliovance® Tablets	Estradiol 1mg with norethisterone 500microg
Kliogest® Tablets	Estradiol 2mg with norethisterone 1mg
Zoely® Tablets	Nomegestrel acetate 2.5mg with estradiol 1.5mg
Femoston 1/10® Tablets	Estradiol 1mg (14) Estradiol 1mg with dydrogesterone 10mg (14)
Femoston 2/10® Tablets	Estradiol 2mg (14) Estradiol 2mg with dydrogesterone 10mg (14)
Femoston-Conti® Tablets	Estradiol 1mg with dydrogesterone 5mg
Angeliq 1/2® Tablets	Estradiol 1mg with drospirenone 2mg
Trisequens® Tablets	Estradiol 2mg (12) Estradiol 2mg with norethisterone 1mg (10) Estradiol 1mg (6)
Estalis Sequi 50/140 ® Patches	Estradiol 50microg with Norethisterone 140microg/24 hours
Estalis Sequi 50/250 ® Patches	Estradiol 50microg with Norethisterone 250microg/24 hours
Estalis Continuous 50/140 ® Patches	Estradiol 50microg with Norethisterone 140microg/24 hours
Estalis Continuous 50/250 ® Patches	Estradiol 50microg with Norethisterone 250microg/24 hours

Storage

Premarin® tablets, Progynova® 2mg tablet, Estraderm MX® patches, Sandrena® gel: Store below 25°C.

Progynova® 1mg tablet, Zoely® tablets, Femoston® tablets, Femoston-Conti® tablets, Angeliq 1/2® tablets: Store below 30°C.

Estradot® patches: Store below 25°C, protect from light. Do not freeze.

Climara® patches: Store below 30°C, do not store unpouched and apply immediately after removal from protective pouch.

Kliovance® tablets, Kliogest® tablets, Trisequens® tablets, Ovestin® tablets: Store at room temperature, below 25°C in a dry place. Leave container in outer packaging to protect it from light.

Estalis Continuous® patches, Estalis Sequi® patches: Refrigerate, do not freeze. Store at 2-8°C. Can be stored below 25°C for up to 6 months or until the expiry date, whichever comes first.

Dose

Refer to individual product information

Administration

Patch

Apply to clean, dry skin on your lower abdomen or buttocks. When changing the patch, remove the old patch and apply a new one to a different place.

Gel

Rub the contents of the sachet onto lower abdomen or thighs, covering an area one to two times the size of a hand. To avoid irritation, alternate the application site each day (eg left and right side). Do not apply to irritated skin. Avoid contact with your eyes and wash hands thoroughly after applying.

Monitoring

Symptoms of a blood clot (red, swollen or painful leg, chest pain, difficulty breathing), changes in breasts (skin or nipple changes or lumps) and changes in vaginal bleeding.

Estradiol with drospirenone

Monitor blood pressure & potassium

Pregnancy

1st Trimester: Contraindicated (conjugated estrogens & estradiol), consider alternative (estriol)

2nd Trimester: Contraindicated

3rd Trimester: Contraindicated

Breastfeeding

Consider alternative

Related Policies, Procedures & Guidelines

[Menopause & menopausal symptoms](#)

[Gynaecology \(Non-oncological\)](#)

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