

# HRT preparations and equivalent alternatives



The British Menopause Society (BMS) has produced this document in response to the ongoing HRT shortages to provide guidance to BMS members and clinical practitioners who may be experiencing difficulties with HRT supplies. The objective of this is to provide information regarding similar / equivalent HRT doses should they experience difficulty obtaining current preparations.

**Women taking sequential transdermal HRT in the form of Evorel Sequi patches** who have difficulty obtaining supplies, can consider the following alternatives below.

This will give an equivalent transdermal oestrogen delivery with an alternative progestogen, but will result in taking oestrogen and progestogen separately

## Oestrogen:

**Estradot 50** patches  
**Estraderm 50** patches  
**Femseven mono 50** patches  
**Progynova TS 50** patches  
**Elleste MX 40** patches

Alternatively, could switch to a gel preparation as **Oestrogel or Sandrena:**

**Oestrogel** one measure twice a day would be equivalent to the oestrogen dose in Evorel Sequi

Or Sandrena gel:

**Sandrena** 1 mg sachet a day would be equivalent to the oestrogen dose in Evorel Sequi

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## Progestogen:

**Micronised Progesterone: Utrogestan** 200 mg orally for 12 days a month at night (cyclical)

**Provera** 10 mg orally for 12 days a month

**2. Women taking continuous combined transdermal HRT in the form of Evorel Conti patches** who have difficulty obtaining supplies can consider the following alternatives below.

This will give an equivalent transdermal oestrogen delivery with an alternative progestogen, but will result in taking oestrogen and progestogen separately:

**Oestrogen:**

**Estradot 50** patches  
**Estraderm 50** patches  
**Femseven 50 mono** patches  
**Progynova TS 50** patches  
**Elleste MX 40** patches

Alternatively, could switch to a gel preparation as **Oestrogel** or **Sandrena**:

**Oestrogel** one measure twice a day would be equivalent to the oestrogen dose in Evorel Conti

**Or Sandrena gel:**

**Sandrena** 1 mg sachet a day would be equivalent to the oestrogen in Evorel Conti

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**Progestogen:**

**Micronised Progesterone: Utrogestan** 100 mg orally at night daily on continuous basis

**Provera** 5 mg orally daily on continuous basis

**3. Women taking transdermal HRT in the form of Evorel (25/50/75/100) patches with progestogen taken separately (e.g. Mirena, an oral progestogen) and have difficulty obtaining Evorel, could consider the following alternatives oestrogen preparations with their current progestogen preparation:**

**Estradot patches (25/50/75/100)**

**Estraderm patches (25/50/75/100)**

**Femseven mono (50/75/100)**

**Progynova TS (50/100).** For a dose of 25 can use half a patch of 50. For a dose of 75 can use 3/4 of a patch of 100.

**Elleste MX 40 or 80** (could be used in amount to match the current dose).

Alternatively, could switch to a gel preparation as **Oestrogel or Sandrena** to take with current progestogen intake as above:

If taking Evorel 25: Oestrogel one measure a day would give an equivalent.

If taking Evorel 50: Oestrogel one measure twice a day would give an equivalent.

If taking Evorel 75: Oestrogel three measures a day (2 am and 1 pm or vice versa) would give an equivalent.

If taking Evorel 100: Oestrogel 4 measures a day (2 am and 2 pm) would give an equivalent.

Or Sandrena gel:

If taking Evorel 25: 0.5 mg Sandrena sachet a day would give an equivalent.

If taking Evorel 50: 1 mg Sandrena sachet a day would give an equivalent.

**4. Women taking transdermal oestrogen only HRT in the form of Evorel (25/50/75/100) patches** and do not require taking progestogen (women who had a hysterectomy) and have difficulty obtaining Evorel, alternative that can be considered include:

**Estradot** patches (25/50/75/100)

**Estradem** patches (25/50/75/100)

**Femseven mono** (50/75/100)

**Progynova TS** (50/100). For a dose of 25 can use half a patch of 50. For a dose of 75 can use 3/4 of a patch of 100.

**Elleste MX** 40 or 80 (could be used in amount to match the current dose taken)

Alternatively, you could switch to a gel preparation as **Oestrogel or Sandrena:**

**Oestrogel:**

If taking Evorel 25: Oestrogel one squirt a day would give an equivalent

If taking Evorel 50: Oestrogel one squirt twice a day would give an equivalent

If taking Evorel 75: Oestrogel three squirts a day (2 am and 1 pm or vice versa) would give an equivalent

If taking Evorel 100: Oestrogel 4 squirts a day (2 am and 2 pm) would give an equivalent

**Or Sandrena gel:**

If taking Evorel 25: 0.5 mg Sandrena sachet a day would give an equivalent

If taking Evorel 50: 1 mg Sandrena sachet a day would give an equivalent

**5. Women taking a combined sequential oral HRT preparation containing 1 mg of oestradiol** who have difficulty obtaining supplies, can consider the following alternatives below:

**Elleste Duet™ 1mg** oestradiol + 1mg norethisterone acetate

**Femoston 1/10** 1mg oestradiol + 10mg dydrogesterone

**Novofem** 1 mg oestradiol + 1 mg norethisterone acetate

**6. Women taking a combined sequential oral HRT preparation containing 2 mg of oestradiol** who have difficulty obtaining supplies, can consider the following alternatives below:

**Elleste Duet™ 2mg** oestradiol + 1mg norethisterone acetate

**Femoston 2/10** 2mg oestradiol + 10mg dydrogesterone

**Trisequens** 2mg/2mg/1mg oestradiol + 1mg norethisterone acetate

**7. Women taking continuous combined oral HRT preparation containing 1 mg of oestradiol** who have difficulty obtaining supplies, can consider the following alternatives below:

**Femoston® conti 1mg oestradiol + 5mg dydrogesterone**

**Kliovance 1mg oestradiol + 0.5mg norethisterone acetate**

**Indivina 1mg oestradiol + 2.5mg medroxyprogesterone acetate**

**Indivina 1mg oestradiol + 5mg medroxyprogesterone acetate**

**8. Women taking continuous combined oral HRT preparation containing 2 mg of oestradiol** who have difficulty obtaining supplies, can consider the following alternatives below:

**Elleste Duet™ Conti 2mg oestradiol + 1mg norethisterone**

**Kliofem 2mg oestradiol + 1mg norethisterone acetate**

**Indivina 2mg oestradiol + 5mg medroxyprogesterone acetate**

**9. Women taking oestrogen only (1 mg) oral HRT** and do not require taking progestogen (women who had a hysterectomy) and have difficulty obtaining supplies, can consider the following alternatives:

**Elleste Solo™ 1mg oestradiol tablets**

**Zumenon® 1mg oestradiol tablets**

**Progynova 1mg oestradiol tablets**

**10. Women taking oestrogen only (2 mg) oral HRT** and do not require taking progestogen (women who had a hysterectomy) and have difficulty obtaining supplies, can consider the following alternatives:

**Elleste Solo™ 2mg oestradiol tablets**

**Zumenon® 2mg oestradiol tablets**

**Progynova 2mg oestradiol tablets**