



HRT - The different ingredients, brands and strengths available

The following table is designed to help explain the different types of HRT available, including ingredients, brands and dosage, so that you can better understand the options available to you if your own particular brand or type of HRT is unavailable.

Women taking estrogen by way of a tablet, including combination tablets, should consider changing to either an estrogen only patch or estrogen gel, combined with either Utrogestan or the Mirena coil, (although it is noted that this can be difficult for women in Scotland who are sometimes unable to obtain Utrogestan), as these tablets pose a small risk of clot.

Ingredient (s)	Brand	Strength
ESTROGEN ONLY TABLETS		
Estradiol (body identical)	Elleste Solo	1mg / 2mg
	Zumenon	1mg / 2mg
Conjugated estrogen (from pregnant mares' urine)	Premarin	300mcg / 625mcg / 1.25 mg
Notes: <i>1. 1mg estrogen only tablet is roughly equal to 2-3 sprays of</i>		

<p><i>Lenzetto</i></p> <p><i>2. 1mg estrogen only tablet is roughly equal to 2 pumps of Oestrogel</i></p> <p><i>3. 1mg estrogen only tablet is roughly equal to 50mcg patch</i></p> <p><i>4. 1mg estrogen only tablet is roughly equal to 1 sachet of 1mg Sandrena gel</i></p> <p><i>5. Estrogen patches, gel or spray are usually preferred over tablets as tablets have a small risk of clot</i></p> <p><i>6. Estrogen only tablets can be used with either Utrogestan progesterone tablets or Mirena IUS, (see below) for women who still have a womb</i></p>		
<h2>ESTROGEN ONLY PATCHES</h2>		
<p>Estradiol (body identical)</p>	<p>Evorel</p>	<p>25mcg / 50mcg / 75mcg / 100mcg</p>
	<p>Estradot</p>	<p>25mcg / 37.5mcg / 50mcg / 75mcg / 100mcg</p>
	<p>Estraderm</p>	<p>25mcg / 50mcg / 75mcg / 100mcg</p>

	FemSeven Mono	50mcg / 75mcg / 100mcg
	Elleste Solo MX	40mcg / 80mcg
	Progynova	50mcg / 100mcg
Notes: <i>1. One 50mcg patch is roughly equal to 2-3 sprays of Lenzetto</i> <i>2. One 50mcg patch is roughly equal to 2 pumps of Oestrogel</i> <i>3. One 50mcg patch is roughly equal to 1mg estrogen only tablet</i> <i>4. One 50mcg patch is roughly equal to 1 sachet of 1mg Sandrena gel</i> <i>5. Estrogen patches, gel or spray are usually preferred over tablets as tablets have a small risk of clot</i> <i>6. Estrogen only patches can be used with either Utrogestan progesterone tablets or Mirena IUS, (see below) for women who still have a womb</i>		

ESTROGEN ONLY GEL

Estradiol (body identical)

Oestrogel

0.75mg

Sandrena

0.5mg / 1mg

Notes:

- 1. Two pumps of Oestrogel is roughly equal to 2-3 sprays of Lenzetto*
- 2. Two pumps of Oestrogel is roughly equal to 50mcg patch*
- 3. Two pumps of Oestrogel is roughly equal to 1mg estrogen only tablet*
- 4. Two pumps of Oestrogel is roughly equal to 1 sachet of 1mg Sandrena gel*
- 5. Estrogen patches, gel or spray are usually preferred over tablets as tablets have a small risk of clot*
- 6. Estrogen only gel can be used with either Utrogestan progesterone tablets or Mirena IUS, (see below) for women who still have a womb*

ESTROGEN ONLY SPRAY

Estradiol (body identical)

Lenzetto

1.53mg

Notes:

- 1-2 sprays of Lenzetto is roughly equal to 1 pump of Oestrogel*
- 1-2 sprays of Lenzetto is roughly equal to 25mcg patch*
- 1-2 sprays of Lenzetto is roughly equal to 0.5mg estrogen only tablet*
- 1-2 sprays of Lenzetto is roughly equal to 0.5mg Sandrena gel*
- Estrogen patches, gel or spray are usually preferred over tablets as tablets have a small risk of clot*
- Estrogen only spray can be used with either Utrogestan progesterone tablets or Mirena IUS, (see below) for women who still have a womb*

PROGESTERONE ONLY TABLETS		
Progesterone (body identical)	Utrogestan	100mg
Notes:		
<i>1. Utrogestan is the only body identical progesterone and can be used with estrogen only patches or gel, by women who still have a womb</i>		
INTRAUTERINE DEVICE (IUS or coil)		
Levonorgestrel	Mirena	20mcg/24hrs
Notes:		
<i>1. Mirena is a low dose, synthetic alternative to progesterone and can be used with estrogen only patches, gel, spray or tablets, by women who still have a womb</i>		

COMBINATION TABLETS (estrogen/synthetic progestogen)

Estradiol hemihydrate + norethisterone acetate	Elleste Duet Conti	2mg+1mg
	Kliofem	2mg+1mg
	Kliovance	1mg+500mcg
Estradiol hemihydrate + dydrogesterone	Femoston Conti	0.5mg+2.5mg / 1mg+5mg
Estradiol valerate + medroxyprogesterone	Indivina	1mg+2mg / 2.5mg+5 mg
low dose conjugated oestrogen + medroxyprogesterone	Premique	300mcg+1.5mg
Estradiol hemihydrate + norethisterone acetate	Novofem	1mg+1mg
Estradiol valerate + medroxyprogesterone acetate	Tridestra	2mg+20mg
Estradiol hemihydrate + norethisterone acetate	Trisequens	2mg+1mg
Estradiol hemihydrate + dydrogesterone	Femoston (cyclical)	1mg+10mg / 2mg+10mg

COMBINATION TABLETS

Tibolone 2.5mg

Livial tablets

Tibolone 2.5mg

COMBINATION PATCHES (estrogen/synthetic progestogen)

Estradiol hemihydrate + norethisterone acetate

Evorel Conti

3.2mg+11.2mg

Estradiol hemihydrate + levonorgestrel

FemSeven Conti

1.5mg+0.525mg

a) Estradiol hemihydrate and b) estradiol hemihydrate +
norethisterone acetate

Evorel Sequi
combination
patch

a) 3.2mg b)
3.2mg+11.2mg

a) 1.5mg of estradiol hemihydrate b) Estradiol hemihydrate
+ levonorgestrel

FemSeven Sequi
combination
patch

a) 1.5mg b)
1.5mg+1.5mg