

AMS Guide to MHT/HRT Doses

AUSTRALIA ONLY

This Information Sheet has been developed as a guideline only to MHT/HRT products available in Australia in September 2024. Hormone Replacement Therapy (HRT) is now referred to as Menopausal Hormone Therapy (MHT). The intention of this sheet is to help clinicians 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-PBS script products are marked with an *.

CYCLIC MENOPAUSAL HORMONE THERAPY (MHT)

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

LOW DOSE		
PRODUCT	PRESENTATION	COMPOSITION
Femoston	Tablet	1mg oestradiol/10mg dydrogesterone
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	1 pump (0.75mg oestradiol) daily, and 2 capsules (200mg) micronised progesterone orally for 12 days out of a 28-day cycle
MEDIUM DOSE		
Trisequens*	Tablet	1 and 2mg oestradiol hemihydrate/1mg norethisterone
Femoston	Tablet	2mg oestradiol/10mg dydrogesterone
Estalis sequi 50/140	Transdermal patch	50mcg 17β oestradiol/140mcg norethisterone acetate (twice weekly application)
Estalis sequi 50/250 (same oestrogen, more progestogen than Estalis sequi 50/140)	Transdermal patch	50mcg 17β oestradiol/250mcg norethisterone acetate (twice weekly application)
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	2 pumps (1.5mg oestradiol) daily, and 2 capsules (200mg) micronised progesterone orally for 12 days out of a 28-day cycle

CONTINUOUS COMBINED MENOPAUSAL HORMONE THERAPY (MHT)

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

LOW DOSE		
PRODUCT	PRESENTATION	COMPOSITION
Angeliq 1/2*	Tablet	1mg oestradiol hemihydrate/2mg drospirenone
Femoston-conti*	Tablet	1mg oestradiol/5mg dydrogesterone
Kliovance*	Tablet	1mg oestradiol hemihydrate/0.5mg norethisterone
Bijuva*	Capsule	1mg oestradiol/100mg micronised progesterone
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	1 pump (0.75mg oestradiol hemihydrate) daily, and 1 capsule (100mg) micronised progesterone orally for 25 days out of a 28-day cycle [^]
OTHER LOW DOSE HORMONAL OPTIONS		
Livial*, Xyvion*	Tablet	2.5mg tibolone
Duaveve* (oestrogen/ SERM combination)	Tablet	0.45mg conjugated equine oestrogens / 20mg bazedoxifene acetate
MEDIUM DOSE		
Kliogest*	Tablet	2mg oestradiol hemihydrate/1mg norethisterone
Estalis continuous 50/140	Transdermal patch	50mcg 17β oestradiol/140mcg norethisterone acetate (twice weekly application)
Estalis continuous 50/250 (same oestrogen, more progestogen than Estalis continuous 50/140)	Transdermal patch	50mcg 17β oestradiol/250mcg norethisterone acetate (twice weekly application)
EstroGel Pro*	Combination pack of oestradiol transdermal gel, with micronised progesterone capsules.	2 pumps (1.5mg oestradiol hemihydrate) daily, and 1 capsule (100mg) micronised progesterone orally for 25 days out of a 28-day cycle [^]

[^]Can be given daily if adherence is an issue

NOTE: Medical and scientific information provided and endorsed by the Australasian Menopause Society might not be relevant to a particular person's circumstances and should always be discussed with that person's own healthcare provider. This Information Sheet contains copyright or otherwise protected material. Reproduction of this Information Sheet by Australasian Menopause Society Members and other health professionals for clinical practice is permissible. No other reproduction or transmission is permitted in any form or by any information storage and retrieval systems except as permitted under the Copyright Act 1968 or with prior written permission from the copyright owner. ID:2024-17-10



**AUSTRALASIAN
MENOPAUSE
SOCIETY**
EMPOWERING MENOPAUSAL WOMEN

www.menopause.org.au

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
Progynova	Tablet	1mg oestradiol valerate
Premarin*	Tablet	0.3mg conjugated equine oestrogens
Estradot 25, Estraderm 25 MX	Transdermal patch	25mcg oestradiol hemihydrate (twice weekly application)
Estradot 37.5	Transdermal patch	37.5mcg oestradiol hemihydrate (twice weekly application)
Estrogel*	Gel	0.75mg oestradiol hemihydrate= 1 pump daily
Sandrena*	Gel	0.5mg oestradiol
MEDIUM DOSE		
Estrofem*, Zumenon	Tablet	2mg oestradiol hemihydrate
Progynova	Tablet	2mg oestradiol
Premarin*	Tablet	0.625mg conjugated equine oestrogens
Estradot 50, Estraderm 50 MX	Transdermal patch	50mcg oestradiol hemihydrate (twice weekly application)
Sandrena	Gel	1mg oestradiol daily
Estrogel*	Gel	1.5mg oestradiol hemihydrate = 2 pumps daily
HIGH DOSE		
Estradot 75, Estraderm 75 MX	Transdermal patch	75mcg oestradiol hemihydrate (twice weekly application)
Estradot 100, Estraderm 100 MX	Transdermal patch	100mcg oestradiol hemihydrate (twice weekly application)
Estrogel*	Gel	2.25mg oestradiol hemihydrate = 3 pumps daily or 3.0mg oestradiol = 4 pumps daily

VAGINAL THERAPY		
PRODUCT	PRESENTATION	COMPOSITION
Ovestin	Cream	0.5mg oestriol = 1 application
Ovestin	Pessary	0.5mg oestriol
Vagifem Low	Pessary	10mcg oestradiol hemihydrate
Prasterone	Pessary	6.5mg daily

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 2.5mg tablet*	Tablet	2.5mg medroxyprogesterone acetate
Primolut N (1/4 of 5mg tablet)	Tablet	1.25 mg norethisterone
Prometrium*	Capsule	100mg micronised progesterone orally for 25 days out of a 28-day cycle ¹ or 200mg orally daily for 12 days out of a 28-day cycle
Mirena* (PBS indication for contraception/ menorrhagia)	Intrauterine system	Levonorgestrel 52mg (approx. 20mcg daily over 5 years)
MEDIUM DOSE for use with medium dose oestrogen ²		
PRODUCT	PRESENTATION	COMPOSITION
Primolut N (1/4 of 5mg tablet)	Tablet	1.25 mg norethisterone
Provera, Ralovera	Tablet	5mg medroxyprogesterone acetate
Prometrium*	Capsule	100mg micronised progesterone orally for 25 days out of a 28-day cycle ¹ or 200mg orally for 12 days out of a 28-day cycle
Mirena* (PBS indication for contraception/ menorrhagia)	Intrauterine system	Levonorgestrel 52mg (approx. 20mcg daily over 5 years)
HIGHER DOSE (for use in cyclic therapy or continuous therapy with high dose oestrogen) ²		
Primolut N (1/2 5mg tablet)	Tablet	2.5mg norethisterone
Provera, Ralovera	Tablet	10mg medroxyprogesterone acetate
Mirena* (PBS indication for contraception/ menorrhagia)	Intrauterine system	Levonorgestrel 52mg (approx. 20mcg daily over 5 years)

Notes

1. Can be given daily if adherence is an issue
2. Safe continuous or cyclic dose of micronized progesterone for use with oestradiol 2mg tablets is unknown due to insufficient data.
3. Safe continuous or cyclic dose of micronised progesterone for use with high dose oestrogen (75mcg patch or higher, or high dose oestrogen gels) is unknown due to insufficient data.