

AMS Guide to MHT/HRT Doses

NEW ZEALAND ONLY

This Information Sheet has been developed as a guideline only to MHT/HRT products available in New Zealand 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 Pharmac subsidised script products are marked with an *.

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 (½ of 5mg tablet)	Tablet	2.5mg medroxyprogesterone acetate
Provera 2.5mg tablet*	Tablet	2.5mg medroxyprogesterone acetate
Primolut N (¼ of 5mg tablet)	Tablet	1.25 mg norethisterone
Utrogestan*	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* (Pharmac indication for menorrhagia/anaemia)	Device (5 years)	20mcg/24hrs levonorgestrel
MEDIUM DOSE for use with medium dose oestrogen ²		
Primolut N (¼ of 5mg tablet)	Tablet	1.25 mg norethisterone
Provera	Tablet	5mg medroxyprogesterone acetate
Utrogestan*	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* (Pharmac indication for menorrhagia/anaemia)	Device (5 years)	20mcg/24hrs levonorgestrel
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	Tablet	10mg medroxyprogesterone acetate
Utrogestan*	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* (Pharmac indication for menorrhagia/anaemia)	Device (5 years)	20mcg/24hrs levonorgestrel

1. Can be used daily if compliance is an issue.

2. Safe continuous or cyclic dose of micronised 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.

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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 oestrogen
Estradot 25^	Transdermal patch	25 /24hrs 17B oestradiol (twice weekly application)
EstroGel	Gel	0.75mg oestradiol hemihydrate= 1 pump
MEDIUM DOSE		
Progynova	Tablet	2mg oestradiol valerate
Estradot 50	Transdermal patch	50mcg/24 hours oestradiol (twice weekly application)
Premarin*	Tablet	0.625mg conjugated equine oestrogens
Sandrena*#	Gel	1mg oestradiol (daily application)
EstroGel	Gel	1.5mg oestradiol hemihydrate = 2 pumps
HIGH DOSE		
Estradot 75 Estradot 100	Transdermal patch	75 or 100mcg/24 hours (twice weekly application)
EstroGel	Gel	2.25mg oestradiol hemihydrate = 3 pumps or 3.0mg oestradiol hemihydrate = 4 pumps

Oestradiol implants - No longer available

OESTROGEN ONLY VAGINAL THERAPY

If prescribing vaginal oestrogen rather than systemic hormone therapy, a progestogen is not required.

PRODUCT	PRESENTATION	COMPOSITION
Ovestin	Cream	1mg/g oestrinol
Ovestin	Pessary	0.5mg oestrinol

Note Sandrena is only available under Section 29 at online pharmacies.

^ Note there is currently a shortage of Estradot so please prescribe Oestradiol patches to allow for substitutes to be dispensed.

CYCLICAL OESTROGEN AND PROGESTOGEN COMBINATION MHT

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

MEDIUM DOSE		
Trisequens*	Tablet	1 and 2mg oestradiol hemihydrate/1mg norethisterone acetate

CONTINUOUS OESTROGEN AND PROGESTOGEN COMBINATIONS

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

LOW DOSE		
PRODUCT	PRESENTATION	COMPOSITION
Kliovance*	Tablet	1mg oestradiol hemihydrate/0.5mg norethisterone acetate
OTHER LOW DOSE HORMONAL OPTIONS		
Livial*, Xyvion*	Tablet	2.5mg tibolone
Duavive* (oestrogen/SERM combination)	Tablet	0.45mg conjugated equine oestrogens / 20mg bazedoxifene acetate
MEDIUM DOSE		
Kliogest*	Tablet	2mg oestradiol/1mg norethisterone acetate