

## Hormone replacement—oestrogen and progestin dosage schedule\*†

Oestrogen		Ultra-low dose	Low dose	Medium dose	High dose	PBS eligibility
Oral	conjugated equine oestrogens	0.3 mg on alternate days	0.3 mg Premarin	0.625 mg Premarin	1.25 mg	Non-PBS
	oestradiol	1 mg on alternate days	1 mg Estrofem <sup>a</sup>	2 mg Estrofem <sup>a</sup> , Zumenon <sup>b</sup>	4 mg	a = Non-PBS b = PBS
	oestradiol valerate	1 mg on alternate days	1 mg Progynova	2 mg Progynova		PBS
Transdermal	oestradiol patch (doses expressed as release rate per 24 hours)		25 micrograms Climara, Estraderm, Estraderm MX, Estradot 37.5 micrograms Estradot	50 micrograms Climara, Estraderm, Estraderm MX, Estradot 75 micrograms Climara, Estradot	100 micrograms Climara, Estraderm, Estraderm MX, Estradot	PBS-R
	oestradiol gel 1mg/g			1 mg Sandrena		PBS-R
Implant	oestradiol implant			50 mg Oestradiol implant	100 mg Oestradiol implant	RPBS-R
Progestin		Ultra-low dose	Low dose	Medium dose	High dose	
Cyclical	dydrogesterone on days 1 to 12 of calendar month	10 mg Duphaston	10 mg Duphaston	10 mg Duphaston	10 mg Duphaston	PBS
	medroxyprogesterone on days 1 to 12 of calendar month	5 mg Provera, Ralovera	5–10 mg Medroxyhexal, Provera, Ralovera	5–10 mg Medroxyhexal, Provera, Ralovera	10 mg Medroxyhexal, Provera, Ralovera	PBS
	norethisterone on days 1 to 12 of calendar month	0.7 mg	0.7 mg	0.7–2.5 mg	2.5 mg	
Continuous	dydrogesterone	5 mg	5 mg	5 mg	5 mg	
	medroxyprogesterone	2.5 mg Provera <sup>a</sup>	2.5 mg Provera <sup>a</sup>	2.5–5 mg Provera <sup>a,b</sup> , Ralovera <sup>b</sup>	5 mg Provera <sup>b</sup> , Ralovera <sup>b</sup>	a = Non-PBS b = PBS
	norethisterone	350 micrograms Micronor <sup>‡</sup> , Noriday 28-Day <sup>‡</sup> , Locilan 28-Day <sup>‡</sup>	350 micrograms Micronor <sup>‡</sup> , Noriday 28-Day <sup>‡</sup> , Locilan 28-Day <sup>‡</sup>	350–700 micrograms Micronor <sup>‡</sup> , Noriday 28-Day <sup>‡</sup> , Locilan 28-Day <sup>‡</sup>	700 micrograms	PBS

\* All doses are once daily unless otherwise specified.

† This is not a complete list.

‡ Not TGA approved for this indication.

PBS-R = post-menopausal symptoms where a trial of peri- or post-menopausal low dose oestrogen therapy has demonstrated intolerance to oral oestrogens.

RPBS-R (Repatriation PBS-R) = postmenopausal symptoms in women who have failed to respond using oral or topical oestrogen.

Adapted with permission from Endocrinology Expert Group. Sex hormone replacement therapy - oestrogen and progestin dosage schedule (Table 33). In: Therapeutic guidelines: endocrinology. Version 4. Melbourne: Therapeutic Guidelines Limited; 2009. p248–9.

## Cyclical combined sex hormone replacement preparations\*†

Oestrogen-only phase	Oestrogen + progestin phase	PBS eligibility
<b>Oral oestrogen</b>		
oestradiol 2 mg	oestradiol 2 mg+dydrogesterone 10 mg Femoston 2/10	PBS
oestradiol 2 mg, 1 mg	oestradiol 2 mg+norethisterone 1 mg Trisequens	Non-PBS
<b>Transdermal oestrogen (doses expressed as release rate per 24 hours)</b>		
oestradiol 50 micrograms	oestradiol 50 micrograms+norethisterone 140 micrograms Estalis Sequi 50/140	PBS-R
oestradiol 50 micrograms	oestradiol 50 micrograms+norethisterone 250 micrograms Estalis Sequi 50/250 Estracombi	PBS-R

\* Continuous oestrogen combined with cyclical progestin.

† This is not a complete list.

PBS-R = post-menopausal symptoms where a trial of peri- or post-menopausal low dose oestrogen therapy has demonstrated intolerance to oral oestrogens.

Adapted with permission from Endocrinology Expert Group. Cyclical combined sex hormone replacement preparations (Table 36). In: Therapeutic guidelines: endocrinology. Version 4. Melbourne: Therapeutic Guidelines Limited; 2009. p251.

### Vaginal preparations

Cream	oestriol 1 mg/g Ovestin	PBS
Pessary	oestradiol 25 micrograms Vagifem	PBS
	oestriol 500 micrograms Ovestin Ovula	PBS

Extract from: Endocrinology Expert Group. Oestrogen sex hormone replacement preparations (Table 34). In: Therapeutic guidelines: endocrinology. Version 4. Melbourne: Therapeutic Guidelines Limited; 2009. p250.

## Continuous combined sex hormone replacement preparations\*†

Oestrogen (continuously)	Progestin (continuously)	PBS eligibility
<b>Oral</b>		
conjugated oestrogens 0.625 mg	medroxyprogesterone 2.5 mg Premia 2.5 Continuous	Non-PBS
conjugated oestrogens 0.625 mg	medroxyprogesterone 5 mg Premia 5 Continuous	Non-PBS
oestradiol 1 mg	drospirenone 2 mg Angeliq 1/2	Non-PBS
oestradiol 1 mg	norethisterone 0.5 mg Kliovance	Non-PBS
oestradiol 2 mg	norethisterone 1 mg Kliogest	Non-PBS
<b>Transdermal (doses expressed as release rate per 24 hours)</b>		
oestradiol 50 micrograms	norethisterone 140 micrograms Estalis Continuous 50/140	PBS-R
oestradiol 50 micrograms	norethisterone 250 micrograms Estalis Continuous 50/250	PBS-R

\* Continuous oestrogen combined with continuous progestin.

† This is not a complete list.

PBS-R = post-menopausal symptoms where a trial of peri- or post-menopausal low dose oestrogen therapy has demonstrated intolerance to oral oestrogens.

Adapted with permission from Endocrinology Expert Group. Continuous combined sex hormone replacement preparations (Table 37). In: Therapeutic guidelines: endocrinology. Version 4. Melbourne: Therapeutic Guidelines Limited; 2009. p251.

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