

HRT Treatment Options

Consider lifestyle first or in combination with treatment

HRT	ORAL 1 st Line	ORAL 2 nd Line	Transdermal 1 st Line	Transdermal 2ndLine
Sequential combined Indications: <ul style="list-style-type: none"> Intact uterus Perimenopause <1yr since LMP 2 prescription charges 	Elleste duet 1mg Elleste duet 2mg	Femoston1/10 Femoston 2/10	Evorel Sequi	Femseven Sequi
Continuous combined Indications: <ul style="list-style-type: none"> Intact uterus >3yrs sequential combined >1yr since LMP >54years 2 prescription charges 	Elleste duet conti 2mg	Femoston -conti	Evorel Conti	Femseven Conti
Oestrogen only Indications: <ul style="list-style-type: none"> Post hysterectomy IUS in situ and in date Uterus intact and taking oral progesterone 	Elleste solo 1mg Elleste solo 2mg		Evorel 25, 50, 75, 100 patch Oestrogel 2 -4 pump application daily	Elleste Solo MX 40,80 patch
Topical vaginal oestrogen For vaginal symptoms only	Vagifem pessaries 10mcg Estriol 0.1% Cream One pessary or applicatorful Daily for 2 weeks then twice weekly			
Progestogen adjunct to oestrogen if uterus intact	Mirena IUS Utrogestran (natural/micronised progesterone) 200mg once daily for days 15-26 of 28 day cycle Or 100mg daily, continuously			

First choice options based on evidence and cost effectiveness

Consider Mirena IUS with the lowest effective transdermal oestrogen as the safest option

Produced and developed by: Dr Amy Tatham – GP lead in Womens Health in conjunction with medicines optimisation team in Bradford.

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