

HRT QUICK REFERENCE TABLE

[NHS Somerset Formulary](#)



Type of preparation		Formulation		Brand	Estrogen content		Progestogen content		
-See Menopause and Hormone Replacement Therapy for information on premature ovarian insufficiency and Somerset menopause information. -See Contraception - NHS Somerset ICB for CHC which may be considered for HRT & contraceptive cover in premature ovarian insufficiency. -See Medicines covered by the HRT PPC NHSBSA for HRT currently covered by the HRT Pre-Pay Certificate.									
Cyclical also called sequential Combined HRT (intact uterus)	1 st line Transdermal	Patches	<i>Evorel Sequi</i>	Estradiol 50micrograms		Norethisterone 170micrograms			
		Mixed	Gel or spray option with a separate sequential progestogen - options as per the sections below/ guidelines.						
	2 nd line Oral	Tabs	<i>Femoston</i>	Estradiol hemihydrate 1mg, 2mg		Dydrogesterone 10mg		! NB- Caution for contraindications to oral HRT.	
		3 rd line Oral	Tabs	<i>Elleste Duet</i>	Estradiol hemihydrate 1mg, 2mg		Norethisterone 1mg		
	Tabs		<i>Trisequens</i>	Estradiol hemihydrate 2mg, 2mg, 1mg		Norethisterone 1mg			
	Tabs		<i>Novofem</i>	Estradiol hemihydrate 1mg		Norethisterone 1mg			
Continuous Combined HRT (intact uterus)	1 st line Transdermal	Mixed	Gel or spray option with a separate continuous progestogen - options as per the sections below/ guidelines.						
		Patches	<i>Evorel Conti</i>	Estradiol 50microgram		Norethisterone 170microgram			
		Patches	<i>Estradot Conti</i>	Estradiol hemihydrate 30microgram		Norethisterone 95 microgram			
				Estradiol hemihydrate 40microgram		Norethisterone 130microgram			
		Patches	<i>FemSeven Conti</i>	Estradiol hemihydrate 50microgram		Levonorgestrel 7microgram			
	2 nd line Oral	Caps	<i>Bijuve</i>	Estradiol 1mg		Progesterone 100mg		! NB- Caution for contraindications to oral HRT.	
		Tabs	<i>Femoston Conti</i>	Estradiol hemihydrate 0.5mg, 1mg		Dydrogesterone 2.5mg, 5mg			
	3 rd line Oral	Tabs	<i>Elleste Duet Conti</i>	Estradiol hemihydrate 2mg		Norethisterone 1mg			
		Tabs	<i>Kliofem</i>	Estradiol hemihydrate 2mg		Norethisterone 1mg			
		Tabs	<i>Kliovance</i>	Estradiol hemihydrate 1mg		Norethisterone 500microgram			
		Tabs	<i>Indivina</i>	Estradiol val. 1mg, 2mg		Medroxyprogesterone 2.5mg, 5mg			
		Tabs	<i>“non-branded” Conj. oestr</i>	Conjugated oestrogens 300micrograms (Premique Low Dose brand discontinued)		Medroxyprogesterone 1.5mg			
	Unopposed Estrogen (If uterus is intact, adjunctive progestogen must be used. N.B a progestogen may still be required if a patient has had a subtotal hysterectomy, severe endometriosis or some gynaecological cancers - please ask the specialist menopause service for advice if needed.)	1 st line Transdermal	Patches	<i>Evorel</i>	Estradiol hemihydrate 25, 50, 75, 100microgram				No progestogen. Add in endometrial protection if indicated.
			Patches	<i>Femseven</i>	Estradiol hemihydrate 25, 50, 75, 100microgram (Once Weekly Patch)				
			Gel	<i>Oestrogel</i>	Estradiol 0.06% (750mcg/actuation- 1 pump= low dose to 4 pumps= high dose)				
Patches			<i>Estraderm MX</i>	Estradiol hemihydrate 25, 50, 75, 100micrograms					
Patches			<i>Estradot</i>	Estradiol hemihydrate 25, 37.5, 50, 75, 100micrograms					
Gel			<i>Sandrena</i>	Estradiol hemihydrate 0.5mg, 1mg					
Spray			<i>Lenzetto</i>	Estradiol hemihydrate 1.53mg per metered dose					
2 nd line Oral		Tabs	<i>Elleste Solo</i>	Estradiol hemihydrate 1mg, 2mg					
		Tabs	<i>Zumenon</i>	Estradiol hemihydrate 1mg, 2mg					
		Tabs	<i>Conjugated oestrogens</i>	Conj. oestr 300microgram, 625microgram, 1.25mg (Premarin discontinued)					
		Tabs	<i>Progynova</i>	Estradiol val. 1mg, 2mg					
Adjunctive Progestogen BMS guidelines – Management of unscheduled bleeding on HRT 2026	1 st line	LNG-IUD	<i>Mirena</i>	No estrogen	Levonorgestrel 20mcg/24hrs- (52mg) -Provides contraceptive cover See CoSRH for national recommendations for endometrial protection with LNG-IUD 52mg.				
		Oral caps	<i>(1st line) Generic</i>	No estrogen	Generic Progesterone micronised 100mg				
					Progesterone micronised 100mg				
					<i>(2nd line) Gepretix</i>	Progesterone micronised 200mg			
Oral tabs	<i>Nalvee</i>	No estrogen	Dydrogesterone 10mg						
Local (Vaginal) Estrogen (for vaginal, vulval and urinary symptoms) Local Estrogen - NHS Somerset ICB	1 st line cost effective choices	Vaginal tabs	<i>Generic prep</i>	<u>Estradiol</u> 10micrograms pessaries		(24 pack)		Not Systemic HRT. No progestogen or progesterone	
		Vaginal cream	<i>Generic prep</i>	Estriol 1mg/g (0.1%) (Ovestin brand discontinued)		(15g= 30 doses) 0.5g= 0.5mg per dose			
	Other 1 st line choices	Vaginal pessary	<i>Generic Prep</i>	Estriol 500microgram pessaries		(15) 0.5mg per pessary			
		Vaginal pessary	<i>Imvaggis</i>	Estriol 30microgram pessaries		(24) 0.03mg per pessary			
		Vaginal gel	<i>Blissel</i>	Estriol 50microgram vaginal gel		(30g= 30 doses) 0.05mg per dose			
		Vaginal ring	<i>Estring</i>	<u>Estradiol</u> 7.5micrograms/ 24hrs for 90 days		(1=90 days)			
	Not preferred	Vaginal cream	<i>Generic prep</i>	Estriol 0.01% (5ml dose contains 0.5mg estriol) (80g)					
		Vaginal tabs	<i>Vagirux/ Vagifem</i>	<u>Estradiol</u> 10micrograms pessaries (24)					
	Other Treatments (not estrogen or progestogen)								
Ospemifene		Oral tabs	<i>Senshio</i>	For use where local estrogen is not suitable- See formulary before prescribing					
DHEA		Vaginal pessary	<i>Intrarosa</i>	Prasterone 6.5mg pessary- For moderate to severe GSM- See formulary before prescribing. This is an AMBER1 drug, second line after local estrogen, discuss with specialist menopause service.					
Testosterone		Transdermal	See formulary	See Menopause and Hormone Replacement Therapy - NHS Somerset ICB before prescribing.					
Fezolinetant		Oral tabs	See formulary	For moderate to severe vasomotor symptoms associated with menopause.					