

# The HRT Reference Sheet

Sequential Oestrogen + Progesterone Combinations			Continuous Combined Equivalent	Unopposed Oestrogens		
Tablets	Oestrogen	Progesterone		Tablets		
<b>Climagest</b>	Oestradiol (1,2mg)	<b>Strong</b>	Norethisterone (1mg)	<b>Climesse</b> (2mg/0.7mg) <b>Nuvelle continuous</b> (2mg/1mg) <b>Elleste Duet Combi</b> (2mg/1mg) <b>FemTab Continuous</b> (2mg/1mg) <b>Kliofem</b> (2mg,1mg) <b>Kliovance</b> (1mg/0.5mg)	<b>Bedol (2 mg)</b> <b>Climaval</b> (1,2 mg) <b>Elleste Solo</b> (1,2 mg) <b>Femtab</b> (1,2 mg) <b>Harmogen</b> (Oestrone 0.93 mg) <b>Hormonin</b> (oestriol/oestradiol/oestrone) <b>Ovestin</b> (estriol, 1mg) <b>Premarin</b> (0.625,1.25 mg) <b>Progynova</b> (1,2 mg) <b>Zumenon</b> (1,2 mg)	
<b>Clinorette</b>	Oestradiol (2mg,2mg)		Norethisterone (1mg)			
<b>Elleste Duet</b>	Oestradiol (1,2mg)		Norethisterone (1mg)			
<b>Novofem</b>	Oestradiol (1mg)		Norethisterone (1mg)			
<b>Trisequens</b>	Oestradiol (2 - 4mg,1mg)		Norethisterone (1mg)			
<b>Cyclo-progynova</b>	Oestradiol (1,2mg)	<b>Middle</b>	Levonorgestrel (250/500ug)	<b>Premique</b> (0.625/5mg) <b>Premique Low Dose</b> (0.3/1.5mg) <b>Indivina</b> (1-2mg/2.5-5mg MPA)		
<b>FemTab Sequi</b>	Oestradiol (2mg)		Levonorgestrel (75ug)			
<b>Nuvelle</b>	Oestradiol (2mg)		Levonorgestrel (75ug)			
<b>Premique Cycle</b>	ConjEO (0.625mg)		Medroxyprogesterone (10mg)			
<b>Prempak-C</b>	ConjEO (0.625,1.25mg)		Norgestrel (150ug)			
<b>Tridestra</b>	Oestradiol (2mg)	Medroxyprogesterone (20mg)				
<b>Femoston 1/10; 2/10</b>	Oestradiol (1,2mg)	<b>Mild</b>	Dydrogesterone (10mg)	<b>Femoston Conti</b> (1mg/5mg) <b>Angeliq</b> (1mg/2mg)		
			Drospirenone (2mg)			
<b>Patch</b>		<b>Tablets</b>		<b>Patch (ug/24 hr)</b>		
<b>P</b>	<b>T</b>	<b>Evorel 50</b>	Oestradiol (50ug)	<b>Norethisterone</b> (1mg)	<b>Elleste Solo MX</b> (40,80) <b>Estraderm MX</b> (25,50,75,100) or <b>TTS</b> (25,50,100) <b>Estradot</b> (25, 37.5, 50, 75, 100) <b>Evorel</b> (25,50,75,100) <b>Fematrix</b> (40,80)/ <b>Femseven</b> (50,75,100) [7 day] <b>Menorest</b> (37.5,50,75) <b>Progynova TS</b> (50,100)[7 day]	
		<b>Femapak</b>	Oestradiol (40,80ug)			<b>Dydrogesterone</b> (10mg)
<b>Patch / Patch</b>		<b>Evorel-Sequi</b>	Oestradiol (50ug)	<b>Norethisterone</b> (170ug) <b>Norethisterone</b> (0.25ug) <b>Levonorgestrel</b> (10ug)		<b>Evorel Conti</b>  <b>Femseven Conti (50/7)</b>
		<b>Estracombi</b>	Oestradiol (50ug)			
		<b>Femseven Sequi</b>	Oestradiol (50ug)			
<b>Other oestrogens</b>				<b>Type</b>		
	<b>Oestrogel</b>	Oestradiol (1.5mg)		Gel		
	<b>Sandrena</b>	Oestradiol (0.5,1mg)		Gel		
<b>Progesterones</b>						<b>Notes</b>
	<b>Micronor HRT</b>		<b>Norethisterone</b> (1mg)	<b>Tablets</b>		<i>The top half of this table lists tablet forms of HRT in orange and patches in blue. The sequential series on the left all induce a period every 4 weeks with the exception of Tridestra which is every 13 weeks. The continuous combined series in the middle column provides progesterone constantly. These two series are arranged according to their progesterone strength - strongest at the top in brown and weakest at the bottom in green.</i>
	<b>Climanor</b>		<b>Medroxyprogesterone</b> (5mg)	<b>Tablets</b>		
	<b>Provera</b>		<b>Medroxyprogesterone</b> (5mg)	<b>Tablets</b>		
	<b>Mirena</b>		<b>Levonorgestrel</b> (20mcg/24hr)	<b>IUS</b>		
	<b>Duphaston HRT</b>		<b>Dydrogesterone</b> (10mg)	<b>Tablets</b>		
	<b>Uterogestan</b>		<b>Micronised progesterone</b> 1-200mg	<b>Tablets</b>		
	<b>Crinone</b>		<b>Progesterone</b> (8%)	<b>Vaginal Gel</b>		
<b>Vaginal oestrogens</b>					<i>The unopposed oestrogen series on the right are for women who do not have a uterus or when progesterone is prescribed separately.</i>	
	<b>Estring</b>	Oestradiol (7.5ug)		<b>Vaginal ring</b>	<i>The bottom half of the table lists HRT other components which might be prescribed individually or as supplements to other treatments.</i>	
	<b>Ortho-Gynest</b>	Oestriol (0.5mg)		<b>Pessary</b>		
	<b>Ortho-Gynest</b>	Oestriol (0.01%)		<b>Vaginal cream</b>		
	<b>Ovestin</b>	Oestriol (0.1%)		<b>Vaginal cream</b>		
	<b>Premarin</b>	ConjEO (0.0625%)		<b>Vaginal cream</b>		
	<b>Vagifem</b>	Oestradiol (25ug)		<b>Vaginal Tabs</b>		
<b>Synthetic HRT</b>						<i>CongEO = Congugated Equine Oestrogens</i>
	<b>Livial</b>	Tibolone 2.5 mg (Tablets)			<i>MPA = Medroxyprogesterone acetate</i>	
<b>Testosterone</b>					<i>Patch doses are ug/24 hours</i>	
	<b>Intrinsa</b>	300mcg/24 hr patch			<i>Patches are changed every 3-4 days unless marked [7 days]</i>	