

Approximate dose equivalences of estradiol containing products. (Trans-feminine).

Hormone Replacement Therapy availability is currently variable. When NRGDS is made aware of supply issues for a specific formulation by GPs or service users, and the same preparation cannot be sourced from other pharmacies in the local area, we will work to find an alternate preparation which would be tolerable.

The following table may be used as a guide when selecting alternative formulations or manufacturers of products containing similar amounts of estradiol

Individual's dosage requirements can vary. For further advice, or individual prescribing information, please contact medicines information medinfo@cntw.nhs.uk

| TRANSDERMAL GELS | | | TRANSDERMAL SPRAY | TWICE WEEKLY TRANSDERMAL PATCHES** | | | WEEKLY TRANSDERMAL PATCHES** | | ORAL ESTRADIOL TABLETS*** | | | | | |
|--|---------------------------------|---------------------------------|--|------------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|------------|------------|------------|------------|--|
| Sandrena® 500µg Gel Sachet | Sandrena® 1mg Gel Sachet | Oestrogel®(0.06%) 750µg/Pump | Lenzetto® 1.53mg/Spray | Estraderm MX® | Estradot® | Evorel® | FemSeven® | Progynova TS® | Elleste Solo® | Estradiol | Progynova® | Zumenor® | | |
| LOWER DOSE MENOPAUSAL HORMONE REPLACEMENT PRODUCTS NOT SUITABLE FOR PRESCRIBING TO TRANSGENDER WOMEN | | | | | | | | | | | | | | |
| Approximate dose equivalents | 1 Sachet Daily | ½ Sachet Daily | 1 Pump Daily | 2 Sprays | 25µg/24 hours | 25µg/24 hours | 25µg/24 hours | | | 1mg**** | 1mg**** | 1mg**** | 1mg**** | |
| | 1 ½ Sachets Daily | | | | | 37.5µg/24 hours | | | | | | | | |
| | 2 Sachets Daily | 1 Sachet Daily | 1 Pump Twice Daily | 3 Sprays | 50µg/24 hours | 50µg/24 hours | 50µg/24 hours | 50µg/24 hours | 50µg/24 hours | 2mg | 2mg | 2mg | 2mg | |
| | | 1 ½ Sachets Daily | 2 Pumps in Morning and 1 Pump in Evening (or vice versa) | | 75µg/24 hours | 75µg/24 hours | 75µg/24 hours | 75µg/24 hours | | | | 3mg (UL) | | |
| | | 2 Sachets (UL) | 2 Pumps Twice Daily | | 100µg/24 hours | 100µg/24 hours | 100µg/24 hours | 100µg/24 hours | 100µg/24 hours | | | 4mg (UL) | | |
| | | 3 Sachets (UL) | | | 150µg*/24 hours (UL) | 150µg*/24 hours (UL) | 150µg*/24 hours (UL) | 150µg*/24 hours (UL) | 150µg*/24 hours (UL) | | | 6mg (UL) | | |
| | | 4 Sachets (UL) | | | 200µg*/24 hours (UL) | 200µg*/24 hours (UL) | 200µg*/24 hours (UL) | 200µg*/24 hours (UL) | 200µg*/24 hours (UL) | | | 8mg (UL) | | |
| NENC Formulary Status | GREEN (for licensed indication) | GREEN (for licensed indication) | GREEN+ GDS | GREEN (for licensed indication) | GREEN (for licensed indication) | GREEN (for licensed indication) | GREEN (for licensed indication) | GREEN (for licensed indication) | GREEN (for licensed indication) | NF | GREEN+ GDS | NF | NF | |
| Available product formats | 28 single dose sachets | 28 single dose sachets | 64 dose canister | 56 dose container | 8 patches | 8 patches | 4 patches | 4 patches | 12 patches | 84 tablets | various | 84 tablets | 84 tablets | |
| | 91 single dose sachets | 91 single dose sachets | | 3 x 56 dose containers | 24 patches | | 8 patches | 12 patches | | | | | | |
| | | | | | | | 24 patches | | | | | | | |

Notes

- *Higher doses can be achieved by a combination of lower strength patches (e.g. 2 x 100µg, 2 x 75µg, 1 x 100µg + 1 x 50µg etc)
- **Patches can be cut in half or quartered if intermediate doses required or supply shortages result in difficulty acquiring prescribed dose
- *** Oral estradiol is contra-indicated in women with a BMI ≥ 30, over 50 years, or with increased VTE or CVD risk factors, and should only be prescribed if transdermal preparations are not tolerated
- **** 0.5mg tablets are not available. 1mg tablets can not be halved.
- (UL) dose outwith manufacturer's licensed recommended dose
- NF = item not included in NENC ICB formulary

References

- BNF online. <https://bnf.nice.org.uk/drugs/estradiol/>
- Summary of Product Characteristics. <https://www.medicines.org.uk/emc>
- Martindale via Medicines Complete. <https://www.medicinescomplete.com>
- NHS Tayside HRT Guide. <https://www.nhstaysideadtc.scot.nhs.uk/approved/guidance/HRT%20Quick%20Reference.pdf>
- Gender Identity Clinic, The Tavistock and Portman NHS Foundation Trust. <https://gic.nhs.uk/wp-content/uploads/2019/09/HRT-starting-doses-and-conversions.pdf>
- British Menopause Society. HRT preparations and equivalent alternatives. <https://thebms.org.uk/wp-content/uploads/2022/01/HRT-Equivalent-preparations-7th-January-22.pdf>
- Specialist Pharmacy Service (SPS) Prescribing available HRT products. <https://www.sps.nhs.uk/articles/prescribing-available-hrt-products/#:~:text=estradiol>

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