

Menopause Hormone Therapy (MHT)

Guidance and Instruction for Use



Below are general, product-specific instructions for how each preparation is usually applied or taken. Always follow your prescriber's advice.

Oestrogel® (Oestradiol gel)

Dose measurement: Each 1.25 g pump delivers 0.75 mg oestradiol

Typical starting dose: 1-2 pumps daily

How to apply:

1. Wash and dry your hands
2. Squeeze the gel either on the outer upper arm, onto your forearm, or inner thigh from knee to groin area
3. Spread a thin layer, do not rub in
4. Allow to dry before dressing
5. Wash hands again to avoid inadvertent transfer

<https://www.oestrogel.co.uk/wp-content/uploads/2023/06/Oestrogel-A5-tear-off-leaflet-Print.pdf>

Sandrena gel® (Oestradiol gel)

Dose measurement: 1mg oestradiol per sachet

Typical starting dose: 1 sachet daily

How to apply: As for Oestrogel, apply to upper arm or thigh, allow to dry and wash hands

https://www.orionhrt.co.uk/siteassets/hcp/how-to-use--sandrena-patient-information-leaflet_hrt-11.pdf

Lenzetto® (Oestradiol spray)

Dose measurement: Each spray delivers 1.53 mg oestradiol

Typical starting dose: 1-2 sprays to the forearm daily

How to apply:

1. Prime pump if first use
2. Spray to forearm directly onto the skin.
3. Hold on the skin and press once. If applying another dose, use the skin next to the first spray.
4. Leave to dry before dressing.
5. Wash hands after each application.

[https://lenzetto.co.uk/assets/pdfs/Lenzetto%20Patient%20Leaflet%20\(Digital\)%20-%20October%202022.pdf](https://lenzetto.co.uk/assets/pdfs/Lenzetto%20Patient%20Leaflet%20(Digital)%20-%20October%202022.pdf)

Evorel® / Estradot® / Estraderm® (Oestradiol patch)

Dose strengths: 25 mcg/24 h, 50 mcg/24 h, 75 mcg/24 h, 100 mcg/24 h

Frequency: Change patch twice weekly (every 3-4 days)

How to apply:

1. Choose clean, dry skin on buttock, hip or top of thigh
2. Remove old patch, warm new patch between palm of your hands, press new patch firmly for 10 seconds
3. Rotate application site to avoid irritation
4. If patch falls off, replace immediately with a new one

<https://www.evorel.ie/patient-how-to-use-evorel/>

Utrogestan® / Gepretix® (Micronised progesterone capsules)

Dose strengths: 100mg or 200mg

Typical starting dose:

- **Sequential:** Take 2 capsules (200mg) orally at bedtime for 12-14 days of each 28 day cycle (Days 14-26 or Days 14-28 depending on preference)
- **Continuous:** Take 1 capsule orally (100mg) at bedtime daily

If taking orally, swallow the capsule at least 2 hours after food.

If using vaginally, insert the capsule deep/high in the vagina and remain lying down for 5-15 minutes after insertion.

<https://bh-uk-utrogestan.azurewebsites.net/wp-content/uploads/2023/06/Utrogestan-A5-tear-off-leaflet-V1.5.pdf>

Bijuve® (Oestradiol and progesterone capsule)

Dose strength: 1mg oestradiol and 100mg progesterone per capsule

Typical starting dose: 1 capsule each morning daily

Elleste Duet® (Oestradiol and norethisterone tablet)

Dose strengths: 1mg oestradiol and 0.5mg norethisterone or 2mg oestradiol and 1 mg norethisterone

Typical starting dose:

- **Elleste Duet Sequential:** Take one white tablet daily for the first 16 days followed by one green tablet the next 12 days
- **Elleste Duet Conti:** Take one grey tablet daily

Elleste Solo® (Oestradiol only tablet)

Dose strength: 1mg oestradiol or 2mg oestradiol per tablet

Typical starting dose: 1 tablet daily

Note that this is only suitable after a hysterectomy or with additional progestogen

Femoston® (Oestradiol and dydrogesterone tablet)

Dose strengths:

Sequential 1mg oestradiol and 10 mg dydrogesterone or 2mg oestradiol and 10 mg dydrogesterone

Continuous 0.5 mg oestradiol and 2.5 mg dydrogesterone or 1mg oestradiol and 5 mg dydrogesterone

Typical starting dose:

- **Femoston Sequential:** Take 14 days of oestradiol only tablets followed by 14 days of combined oestradiol + dydrogesterone tablets
- **Femoston Conti:** Take one combined tablet daily

Testosterone (transdermal)

Testim gel: 1% testosterone gel in 5ml tubes, starting dose 0.5ml (5mg) daily, each tube lasts for 10 days

Tostran gel: 2% testosterone gel in a canister containing 60g, starting dose 1 pump (equivalent to 10mg) on alternate days, each canister should last 240 days

Testogel: 2.5g sachets containing 40.5mg testosterone, starting dose 1/8th of a sachet per day (5mg testosterone), each sachet should last 8 days.

Androfeme cream: 1% testosterone cream in 50ml tubes, starting dose 0.5ml per day (5mg testosterone), each tube should last 100 days.

<https://www.nps.org.au/assets/medicines/47d5a936-d106-46a4-9278-a53300ff76e5-reduced.pdf>

How to apply:

1. Apply to clean, dry skin of inner thighs or upper arms
2. Spread evenly and allow to dry (3-5 minutes)
3. Wash hands thoroughly
4. Cover site with clothing after drying

Vaginal oestrogen pessaries (Vagigem® / Vagirux®)

Dose strengths: 10 mcg oestradiol per pessary

Typical starting dose: Insert one pessary at bedtime daily for the first 2 weeks followed by one pessary twice weekly thereafter

Maintenance: one pessary twice weekly at night time (e.g. Mondays and Thursdays)

How to insert:

1. Wash hands with warm water and soap
2. If applicable, remove pessary from blister pack and load applicator
3. Lie on your back, knees bent, insert applicator/pessary deep into the vagina
4. Remain lying on your back for a few minutes
5. Wash applicator if reusable and wash hands

Estriol cream (Ovestin®)

Dose strengths: 1 mg oestradiol in 1 g

Typical starting dose: Insert measured dose at bedtime daily for the first 3 weeks followed by twice weekly thereafter

Use the measured red ring on the applicator for dosing

Maintenance: one measure dose twice weekly at night time (e.g., Mondays and Thursdays)

How to insert:

1. Wash hands with warm water and soap
2. Prepare the applicator by unscrewing the cap from the tube and attaching the applicator nozzle
3. Squeeze the tube to fill the applicator up to the prescribed mark and carefully remove the applicator from the tube keeping the nozzle clean
4. Lie on your back, knees bent and legs slightly apart or stand with one foot on a low stool
5. Gently insert the applicator tip into the vagina as far as is comfortable, aiming toward the lower back
6. Dispense the cream by slowly pressing the plunger all the way down to release the cream
7. Withdraw the applicator gently
8. If the applicator is reusable, wash it in warm soapy water, rinse well and allow to air dry
9. If the applicator is single use, dispose of as instructed
10. Wash your hands again
11. Lie down for a few minutes to allow the cream to stay in the vagina

<https://www.medicines.org.uk/emc/files/pil.5384.pdf>

External (topical) application:

1. Wash hands with warm water and soap, wash treatment area with warm water only, pat dry
2. You may be prescribed a different amount for external use than internally
3. Typical application is to apply a thin layer (e.g., a pea sized amount) daily
4. Squeeze out the prescribed amount onto your fingertip
5. Gently spread a thin layer over the labia and surrounding skin
6. Avoid contact with eyes or mucous membranes outside the genital skin
7. Rub until the cream is evenly distributed and no longer feels greasy
8. Wash your hands again to remove any residual hormonal cream

Avoid sexual intercourse directly after applying or use a condom, as the cream can transfer to partner's skin

Wear loose cotton underwear to reduce irritation and allow the skin to breathe

Monitor for irritation - if you notice redness, itching or burning stop use and consult with your prescriber

Store the cream below 25°C (check your leaflet) and keep out of reach of pets and children

Key Points for all preparations:

Consistency: Take or apply at the same time each day (or change patches on the same two days each week)

Hand hygiene: Always wash hands before and after application

Site rotation: Rotate application sites (gels/patches) to minimise skin irritation

Missed dose: If you forget a dose, follow the patient leaflet guidance - usually take as soon as remembered unless it's almost time for the next dose, and do **not** double up

Storage: Keep all MHT products in their original packaging, away from direct heat or sunlight, and out of reach of children

Off-label use: Vaginal progesterone preparations (Utrogestan/Gepretix) for endometrial protection are off-licence—this is discussed with your provider

Always review treatment with your prescriber every 3 months, and seek advice if you experience unexpected bleeding, skin reactions, or other concerns