

# HRT Starting Treatment Guide

Hysterectomy or Mirena® in situ?

Yes

No

Oestrogen only

Combined oestrogen and progestagen

Woman at increased risk of VTE / stroke?

Women with BMI > 30kg/m<sup>2</sup>?

LMP < 1 year?

No

Yes

Yes

No

Combined sequential HRT  
Monthly bleeds

Continuous combined HRT  
No bleed

**Oral**  
Oral preparations are convenient and cost-effective

**Transdermal**  
Transdermal HRT is not associated with increased risk of VTE / stroke.  
Consider first line in women with BMI > 30kg/m<sup>2</sup>

Woman at increased risk of VTE / stroke?  
Women with BMI > 30kg/m<sup>2</sup>?

Woman at increased risk of VTE / stroke?  
Women with BMI > 30kg/m<sup>2</sup>?

No

Yes

No

Yes

**Oral**  
Elleste Solo® 1mg, 2mg

**Patches**  
Evorel® 25, 50, 75, 100microgram

Or

**Gel**  
Oestrogel® 0.06%

**Oral**  
Elleste Duet® 1mg, 2mg  
or  
Femoston® 1/10mg, 2/10mg

**Patches**  
Evorel Sequi®  
or  
FemSeven Sequi®

**Oral**  
*0.5mg oestradiol:*  
Femoston Conti® 0.5mg/2.5mg  
*1mg oestradiol:*  
Kliovance® or  
Femoston Conti® 1mg/5mg  
*2mg oestradiol:*  
Kliofem®

**Patches**  
Evorel Conti®

Women with an early menopause (<45yrs), especially if surgically induced, require the higher dose of oestrogen to control symptoms and for bone protection. See Prescribing Choices for further product information.