

HRT Starting Treatment Guide

Hysterectomy or Mirena® in situ?

Yes

Oestrogen only

Woman at increased risk of VTE / stroke?
Women with BMI > 30kg/m²?

No

Yes

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/m²

Oral
Elleste Solo® 1mg, 2mg

Patches
Evorel® 25, 50, 75, 100microgram

Or

Gel
Oestrogel® 0.06%

No

Combined oestrogen and progestagen

LMP < 1 year?

Yes

No

Combined sequential HRT
Monthly bleeds

Continuous combined HRT
No bleed

Woman at increased risk of VTE / stroke?
Women with BMI > 30kg/m²?

Woman at increased risk of VTE / stroke?
Women with BMI > 30kg/m²?

No

Yes

No

Yes

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 or
Bijuve® 1mg/100mg
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.