

Estrogen

Route of administration	Hormone	bioidentical?	brand names	dosing frequency	dosages	issues/special notes
Transdermal Patch	Estradiol	yes	Vivelle-Dot Minivelle Lyllana Dotti	twice weekly	0.025mg/day 0.0375mg/day 0.05mg/day 0.075mg/day 0.1mg/day	
			Climara	weekly	0.025mg/day 0.0375mg/day 0.05mg/day 0.06mg/day 0.075mg/day 0.1mg/day	weekly patches are physically larger than biweekly patches for the same dose
			Menostar	weekly	0.014mg/day	TINY dose - indicated solely for the purpose of osteoporosis prevention, ages 60-80
Transdermal Gel - metered pump	Estradiol	yes	Elestrin	daily	0.06%, 0.52mg/pump 1pump = 0.0125mg/day 2pumps = 0.0375mg/day	metered dose pump applied to back of arm
			EstroGel	daily	0.06%, 0.75mg/pump 2pump = ? blood levels of 30pg/mL	metered dose pump applied to back of arm
transdermal gel - packet			Divigel	daily	0.1% estradiol 0.25mg/packet = blood levels 10pg/mL 0.5mg/packet = blood levels 20pg/mL 0.75mg/packet 1mg/packet = blood levels ~30pg/mL 1.25mg/packet	empty packet, apply to skin of upper thigh
transdermal spray	estradiol	yes	Evamist	daily	1.53mg/spray 1 spray = ~15pg/mL 2 sprays = ~25-35pg/mL 3 sprays = ~25-45pg/mL	1-3 sprays to non-overlapping areas of the forearm, has to dry for 2minutes and not wash for 20minutes
vaginal ring	estradiol	yes	Femring	every 3 months	0.05mg estradiol/day 0.1mg estradiol/day	this is for systemic hormone therapy, not to be confused with the estring, which is a vaginal ring used for local hormone therapy at a much lower dose

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Oral pill	estradiol	yes	Estrace	daily	0.5mg 1mg 2mg	
oral pill	Conjugated Equine Estrogens (CEE)	no	Premarin	daily	0.3mg 0.45mg 0.625mg 0.9mg 1.25mg	studied in the WHI trial in women without uteruses
Intramuscular Injection	Estradiol valerate	no, but almost	Delestrogen	every 4 weeks	10-20mg	

Progestogen

Route of administration	Hormone	bioidentical?	brand names	dosing frequency	dosages	issues/special notes
oral capsule	micronized progesterone	yes	prometrium	nightly (100mg, 200mg) or nightly for 12days out of 28 (200mg, 300mg)	100mg 200mg	FDA approved for prevention of endometrial hyperplasia in women who are receiving estrogen therapy **PRODUCT CONTAINS PEANUT OIL** capsules cannot be divided
Oral pill	Medroxyprogesterone Acetate (MPA)	No	provera	daily (2.5mg or 5mg) 12 days out of 28 (5mg or 10mg)	2.5mg 5mg 10mg	
oral pill	Norethindrone Acetate	no	Aygestin	daily	0.25mg 0.5mg	OFF LABEL FOR ENDOMETRIAL PROTECTION IN MHT, but used in some of the combination meds that are approved
Intrauterine Device	levonorgestrel IUD	no	mirena, liletta	5years (hormone effect)		OFF LABEL FOR ENDOMETRIAL PROTECTION IN MHT, but often used

Estrogen + Progestogen

Route of administration	Hormone	bioidentical?	brand names	dosing frequency	dosages	issues/special notes
transdermal patch	estradiol / norethindrone acetate	yes/no	Combipatch	twice weekly	0.05mg estradiol / 0.14mg norethindrone acetate 0.05mg estradiol / 0.25mg norethindrone acetate	
	estradiol / levonorgestrel	yes/no	Climara-Pro	weekly	0.14mg estradiol / 0.015mg levonorgestrel	
oral pill	estradiol / progesterone	yes/yes	Bijuva	daily	0.5mg estradiol / 100mg progesterone 1mg estradiol / 100mg progesterone	
	estradiol / norethindrone acetate	yes/no	Activella	daily	0.5mg estradiol / 0.1mg norethindrone acetate 1mg estradiol / 0.5mg norethindrone acetate	
	estradiol / drospirenone	yes/no	Angeliq	daily	0.5mg estradiol / 0.25mg drospirenone 1mg estradiol / 0.5mg drospirenone	
	CEE and MPA	no/no	Prempro	daily	0.3mg CEE / 1.5mg MPA 0.45mg CEE / 1.5mg MPA 0.625mg CEE / 2.5mg MPA 0.625mg CEE / 5mg MPA	Studied in the WHI trial
	ethinyl estradiol / norethindrone acetate	no/no	FemHRT Jinteli	daily	5mcg ethinyl estradiol / 0.25mg norethindrone acetate	

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Pill	CEE / bazedoxefine	no/no	Duavee	daily	0.45mg CEE / 20mg bazedoxefine	<p>Bazedoxefine is a tissue-selective estrogen complex, meaning it acts as a pro-estrogen in some areas (bone) and anti-estrogen in others (endometrium, breast)</p> <p>This is an option for women with uteruses that has NO progestogen</p>