

irregularities · muscle complaints · pelvic pain · weight changes

- ▶ With transdermal use Abdominal pain · breast abnormalities · menstrual cycle irregularities · uterine disorders · vaginal discharge · weight changes

▶ **Uncommon**

- ▶ With oral use Anxiety · back pain · breast abnormalities · cervical abnormalities · cystitis-like symptom · depression · dizziness · embolism and thrombosis · erythema nodosum · gallbladder disorder · oedema · palpitations · peripheral vascular disease · tumour growth · visual impairment · vulvovaginal candidiasis

- ▶ With transdermal use Asthenia · breast neoplasm benign · depression · flatulence · increased risk of infection · leiomyoma · mood swings · venous thromboembolism · vertigo · vomiting

▶ **Rare or very rare**

- ▶ With oral use Angioedema · cerebrovascular insufficiency · chorea · contact lens intolerance · haemolytic anaemia · hepatic disorders · hirsutism · malaise · myocardial infarction · sexual dysfunction · steepening of corneal curvature · vaginal discharge · vomiting
- ▶ With transdermal use Epilepsy exacerbated · galactorrhoea · glucose tolerance impaired · libido disorder

▶ **Frequency not known**

- ▶ With oral use Carbohydrate metabolism change · epilepsy exacerbated · hypertriglyceridaemia · increased risk of coronary artery disease · neoplasms · pancreatitis · systemic lupus erythematosus (SLE)

SIDE-EFFECTS, FURTHER INFORMATION Cyclical HRT (where a progestogen is taken for 12–14 days of each 28-day oestrogen treatment cycle) usually results in regular withdrawal bleeding towards the end of the progestogen. Continuous combined HRT commonly produces irregular breakthrough bleeding in the first 4–6 months of treatment. Bleeding beyond 6 months or after a spell of amenorrhoea requires further investigation to exclude serious gynaecological pathology.

- **CONCEPTION AND CONTRACEPTION** HRT does **not** provide contraception and a woman is considered potentially fertile for 2 years after her last menstrual period if she is under 50 years, and for 1 year if she is over 50 years. A woman who is under 50 years and free of all risk factors for venous and arterial disease can use a low-oestrogen combined oral contraceptive pill to provide both relief of menopausal symptoms and contraception; it is recommended that the oral contraceptive be stopped at 50 years of age since there are more suitable alternatives. If any potentially fertile woman needs HRT, non-hormonal contraceptive measures (such as condoms) are necessary. Measurement of follicle-stimulating hormone can help to determine fertility, but high measurements alone (particularly in women aged under 50 years) do not necessarily preclude the possibility of becoming pregnant.

- **PREGNANCY** Not known to be harmful.

- **BREAST FEEDING** Avoid; adverse effects on lactation.

- **HEPATIC IMPAIRMENT** Manufacturer advises caution; avoid in acute or active disease.

● **MONITORING REQUIREMENTS**

- ▶ History of breast nodules or fibrocystic disease—closely monitor breast status (risk of breast cancer).
- ▶ The endometrial safety of long-term or repeated use of topical vaginal oestrogens is uncertain; treatment should be reviewed at least annually, with special consideration given to any symptoms of endometrial hyperplasia or carcinoma.

● **DIRECTIONS FOR ADMINISTRATION**

- ▶ With transdermal use Patch should be removed after 3–4 days (or once a week in case of 7-day patch) and replaced with fresh patch on slightly different site; recommended sites: clean, dry, unbroken areas of skin on

trunk below waistline; not to be applied on or near breasts or under waistband. If patch falls off in bath allow skin to cool before applying new patch.

● **PATIENT AND CARER ADVICE**

- ▶ With transdermal use Patient counselling is advised for estradiol patches (administration).
- ▶ With topical use Patient counselling is advised for estradiol gels (administration).

- ▶ With oral use or topical use or transdermal use The MHRA has provided a patient information sheet to aid healthcare professionals when counselling women on the risk of breast cancer with HRT use.

OESTROGEL ▶ With topical use Apply gel to clean, dry, intact skin such as arms, shoulders or inner thighs and allow to dry for 5 minutes before covering with clothing. Not to be applied on or near breasts or on vulval region. Avoid skin contact with another person (particularly male) and avoid other skin products or washing the area for at least 1 hour after application.

SANDRENA ▶ With topical use Apply gel to intact areas of skin such as lower trunk or thighs, using right and left sides on alternate days. Wash hands after application. Not to be applied on the breasts or face and avoid contact with eyes. Allow area of application to dry for 5 minutes and do not wash area for at least 1 hour.

- **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Tablet

- ▶ **Bedol** (ReSource Medical UK Ltd)

Estradiol 2 mg Bedol 2mg tablets | 84 tablet [PoM](#) £5.07 DT = £5.06

- ▶ **Elleste Solo** (Mylan)

Estradiol 1 mg Elleste Solo 1mg tablets | 84 tablet [PoM](#) £5.06 DT = £5.06

Estradiol 2 mg Elleste Solo 2mg tablets | 84 tablet [PoM](#) £5.06 DT = £5.06

- ▶ **Progynova** (Bayer Plc)

Estradiol valerate 1 mg Progynova 1mg tablets | 84 tablet [PoM](#) £7.30 DT = £7.30

Estradiol valerate 2 mg Progynova 2mg tablets | 84 tablet [PoM](#) £7.30 DT = £7.30

- ▶ **Zumenon** (Mylan)

Estradiol 1 mg Zumenon 1mg tablets | 84 tablet [PoM](#) £6.89 DT = £5.06

Estradiol 2 mg Zumenon 2mg tablets | 84 tablet [PoM](#) £6.89 DT = £5.06

Transdermal patch

- ▶ **Elleste Solo MX** (Mylan)

Estradiol 40 microgram per 24 hour Elleste Solo MX 40 transdermal patches | 8 patch [PoM](#) £5.19 DT = £5.19

Estradiol 80 microgram per 24 hour Elleste Solo MX 80 transdermal patches | 8 patch [PoM](#) £5.99 DT = £5.99

- ▶ **Estraderm MX** (Norgine Pharmaceuticals Ltd)

Estradiol 25 microgram per 24 hour Estraderm MX 25 patches | 8 patch [PoM](#) £5.50 DT = £3.42 | 24 patch [PoM](#) £16.46 DT = £16.46

Estradiol 50 microgram per 24 hour Estraderm MX 50 patches | 8 patch [PoM](#) £5.51 DT = £3.88 | 24 patch [PoM](#) £16.46 DT = £11.66

Estradiol 75 microgram per 24 hour Estraderm MX 75 patches | 8 patch [PoM](#) £6.42 DT = £4.12 | 24 patch [PoM](#) £19.27

Estradiol 100 microgram per 24 hour Estraderm MX 100 patches | 8 patch [PoM](#) £6.66 DT = £4.28 | 24 patch [PoM](#) £19.99 DT = £19.99

- ▶ **Estradot** (Novartis Pharmaceuticals UK Ltd)

Estradiol 25 microgram per 24 hour Estradot 25micrograms/24hours patches | 8 patch [PoM](#) £5.99 DT = £3.42

Estradiol 37.5 microgram per 24 hour Estradot 37.5micrograms/24hours patches | 8 patch [PoM](#) £6.00 DT = £6.00

Estradiol 50 microgram per 24 hour Estradot 50micrograms/24hours patches | 8 patch [PoM](#) £6.02 DT = £3.88

Estradiol 75 microgram per 24 hour Estradot 75micrograms/24hours patches | 8 patch [PoM](#) £7.00 DT = £4.12

Estradiol 100 microgram per 24 hour Estradot 100micrograms/24hours patches | 8 patch [PoM](#) £7.27 DT = £4.28

- ▶ **Evorel** (Theramex HQ UK Ltd)

Estradiol 25 microgram per 24 hour Evorel 25 patches | 8 patch [PoM](#) £3.42 DT = £3.42