

Is HRT appropriate?

Contraindications to HRT

- Previous or current history of hormone-sensitive breast cancer
- Endometrial cancer
- Endometrioid ovarian cancer
- BMI > 40

IF HRT contraindicated, consider alternatives and refer to menopause specialist services

- Gabapentin (300 mg OD–900 mg TDS)
- Pregabalin (50–300 mg)
- Venlafaxine (37.5 mg OD–TDS)
- Clonidine (50 mg BD–75 mg BD/50 mg TDS)

If HRT is appropriate, consider regimen

Regimen 1

For women with no uterus

Oestrogen-only HRT

Regimen 2

Intact uterus and period within last 12 months

Sequential combined HRT

Regimen 3

Intact uterus and period more than 12 months ago

Continuous combined HRT

HRT preparation – oral or transdermal

Oral

- Oestrogen only
- Combined oestrogen/progesterone

Transdermal

- Patch (oestrogen only or as combined oestrogen/progesterone)
- EstroGel/Sandrena/Lenzetto – oestrogen only
Will need progesterone cover separately if on Regimen 2 or 3 (Table 1)

Consider additional therapy

Testosterone

- Should be commenced once adequately oestrogenised for low libido and fatigue
- Check total testosterone levels prior to and after 6–12 months of commencing supplementation
- *Transdermal preparations*
 - Testogel – ½ 40.5 mg sachet every day
 - Androfeme – 0.5 ml every day
 - Testim gel – 0.5 ml every day
 - Tostran – 1 pump alternate days

Vaginal oestrogen

For vaginal dryness and/or genitourinary symptoms

Start on a daily dose for 2 weeks then gradually reduce every 2 weeks to three times a week, then twice weekly, then once weekly. Can remain on once- or twice-weekly dose for maintenance

Prescribing In Primary Care

Daniela Niemeyer



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