

## Hormone Products for Postmenopausal Use in the United States and Canada

Copyright © The North American Menopause Society  
November 19, 2012

**Table 1. Oral ET products for postmenopausal use in the United States and Canada**

Composition	Product Name	Dosages (mg/day)
Conjugated estrogens	Premarin	0.3, 0.45*, 0.625, 0.9*, 1.25
Synthetic conjugated estrogens, A	Cenestin*	0.3, 0.45, 0.625, 0.9, 1.25
	Congest**	0.3, 0.625, 0.9, 1.25, 2.5
	C.E.S**	0.3, 0.625, 0.9, 1.25
	PMS-Conjugated**	0.3, 0.625, 0.9, 1.25
Synthetic conjugated estrogens, B	Enjuvia*	0.3, 0.45, 0.625, 0.9, 1.25
Esterified estrogens	Menest*	0.3, 0.625, 1.25, 2.5
17 $\beta$ -estradiol	Estrace,	0.5, 1.0, 2.0
	Various generics	0.5, 1.0, 2.0
Estradiol acetate	Femtrace*	0.45, 0.9, 1.8
Estropipate	Ortho-Est*	0.625 (0.75 estropipate), 1.25 (1.5), 2.5 (3.0), 5.0 (6.0)
	Ogen	0.625 (0.75 estropipate), 1.25 (1.5), 2.5 (3.0)
	Various generics	0.625 (0.75), 1.5 (3.0), 5.0 (6.0)

\* Available in the United States but not Canada

\*\* Available in Canada but not the United States

Products not marked are available in both the United States and Canada.

**Table 2. Transdermal ET products for postmenopausal use in the United States and Canada**

<b>Composition</b>	<b>Product Name</b>	<b>Dosage</b>
17 $\beta$ -estradiol matrix patch	Alora*	0.025, 0.05, 0.075, 0.1 twice weekly
	Climara	0.025, 0.0375*, 0.05, 0.075, 0.1 once/wk
	Esclim*	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Estradot**	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Fempatch	0.025 once/wk
	Menostar*	0.014 once/wk
	Oesclim**	0.05, 0.1 twice/wk
	Vivelle*	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Vivelle-Dot*	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Various generics	0.1, 0.05 once or twice/wk
17 $\beta$ -estradiol reservoir patch	Estraderm	0.025**, 0.05*, 0.1 twice/wk
17 $\beta$ -estradiol transdermal gel	EstroGel*	0.035/d
	EstroGel**	0.035/d
	Elestrin*	0.0125/d
	Divigel*	0.003, 0.009, 0.027/d
17 $\beta$ -estradiol topical emulsion	Estrasorb*	0.05/d (2 packets)
17 $\beta$ -estradiol transdermal spray	Evamist*	0.021/90 $\mu$ L/d (increase to 1.5/90 $\mu$ L/d if needed)

\* Available in the United States but not Canada

\*\* Available in Canada but not the United States

Products not marked are available in the United States and Canada.

**Table 3. Vaginal ET products for postmenopausal use in the United States and Canada**

Composition	Product Name	Dosage
<i>Vaginal creams</i>		
17 $\beta$ -estradiol <sup>††</sup>	Estrace Vaginal Cream*	Initial: 2-4 g/d for 1-2 wk Maintenance: 1 g/d (0.1 mg active ingredient/g)
Conjugated estrogens <sup>††</sup>	Premarin Vaginal Cream	<i>For vaginal atrophy:</i> 0.5-2 g/d for 21 d then off 7 d <i>For dyspareunia:</i> 0.5 g/d for 21 d then off 7 d, or twice/wk (0.625 mg active ingredient/g)
Esterone	Estragyn Vaginal Cream**	2-4 g/d (1 mg active ingredient/g)
-----		
<i>Vaginal rings</i>		
17 $\beta$ -estradiol	Estring	Device containing 2 mg releases 7.5 $\mu$ g/d for 90 days (for vulvovaginal atrophy)
Estradiol acetate	Femring*	Device containing 12.4 mg or 24.8 mg estradiol acetate releases 0.05 mg/d or 0.10 mg/d estradiol for 90 days (both doses release systemic levels for treatment of vulvovaginal atrophy and vasomotor symptoms)
-----		
<i>Vaginal tablet</i>		
Estradiol hemihydrate	Vagifem	Initial: 1 tablet/d for 2 wk Maintenance: 1 tablet twice/wk (tablet containing 25.8 $\mu$ g or 10 $\mu$ g of estradiol hemihydrates, equivalent to 10 $\mu$ g or 25 $\mu$ g of estradiol; for vaginal atrophy)

\* Available in the United States but not Canada

\*\* Available in Canada but not the United States

Products not marked are available in both the United States and Canada

† Not approved by the FDA for menopausal hormone therapy

†† Higher doses of vaginal estrogen are systemic, meant to relieve hot flashes as well as vaginal atrophy; the lower doses are intended for vaginal symptoms only even though a small amount does get absorbed.

**Table 4. Combination EPT products for postmenopausal use in the United States and Canada**

<b>Composition</b>	<b>Product Name</b>	<b>Dosage/day</b>
<i>Oral continuous-cyclic regimen</i>		
Conjugated estrogens (E) + medroxyprogesterone acetate (P)	Premphase*	0.625 mg E + 5.0 mg P (2 tablets: E and E + P) (E alone for days 1-14, followed by E + P on days 15-28)
<i>Oral continuous-combined regimen</i>		
Conjugated estrogens (E) + medroxyprogesterone acetate (P)	Prempro*	0.3 or 0.45 mg E + 1.5 mg P (1 tablet) 0.625 mg E + 2.5 or 5.0 mg P (1 tablet);
Ethinyl estradiol (E) + norethindrone acetate (P)	femhrt*, femHRT**	2.5 µg E + 0.5 mg P (1 tablet); 5 µg E + 1mg P (1 tablet)
17β-estradiol (E) + norethindrone acetate (P)	Activella* Activelle LD** Activelle**	0.5 mg E + 0.1 mg P (1 tablet); 1 mg E + 0.5 mg P (1 tablet) 0.5 mg E + 0.1 mg P (1 tablet) 1 mg E + 0.5 mg P (1 tablet)
17β-estradiol (E) + drospirenone (P)	Angeliq	1 mg E + 0.5 mg P (1 tablet)*; 1 mg E + 1 mg P (1 tablet)**
<i>Oral intermittent-combined regimen</i>		
17β-estradiol (E) + norgestimate (P)	Prefest*	1 mg E + 0.09 mg P (2 tablets: E and E + P) (E alone for 3 d, followed by E+P for 3 d, repeated continuously)
<i>Transdermal continuous-combined regimen</i>		
17β-estradiol (E) + norethindrone acetate (P)	CombiPatch*, Estalis**	0.05 mg E + 0.14 mg P (9 cm <sup>2</sup> patch, twice/wk); 0.05 mg E + 0.25 mg P (16 cm <sup>2</sup> patch, twice/wk)
17β-estradiol (E) + levonorgestrel (P)	Climara Pro	0.045 mg E + 0.015 mg P (22 cm <sup>2</sup> patch, once/wk)

\* Available in the United States but not Canada

\*\* Available in Canada but not the United States

Products not marked are available in both the United States and Canada

**Table 5. Progestogens available in the United States and Canada**

Composition	Product Name	Dosage/day
<i>Oral tablet: progestin</i>		
Medroxyprogesterone acetate	Provera, various generics	2.5, 5, 10 mg
Norethindrone	Micronor,† Nor-QD,*† various generics	0.35 mg
Norethindrone acetate	Aygestin,*† various generics	5 mg
Megestrol acetate	Megace,† various generics	20*, 40, 40 mg suspension
-----		
<i>Oral capsule: progesterone</i>		
Micronized progesterone (in peanut oil)	Prometrium	100, 200* mg
-----		
<i>Intrauterine system: progestin</i>		
Levonorgestrel	Mirena†	20 µg/d approx. release rate (52-mg IUS has 5-y use)
-----		
<i>Vaginal gel: progesterone</i>		
Progesterone	Crinone† 4%*, 8%	45- or 90-mg applicator

\* Available in the United States but not Canada

† Not approved by the FDA for menopausal hormone therapy