Approved Prescription Products for Menopausal Symptoms in the United States and Canada

Oral estrogen products

(Providers should check the full prescribing information for appropriate dosages for the indication and any updates or information that is not provided here, such as warnings and contraindications.)

<table>
<thead>
<tr>
<th>Active Ingredient(s)</th>
<th>Product Name(s)</th>
<th>Dosages (mg/d)</th>
</tr>
</thead>
<tbody>
<tr>
<td>17β-estradiol*</td>
<td>Estrace†</td>
<td>0.5, 1.0, 2.0</td>
</tr>
<tr>
<td></td>
<td>Generic(s) available</td>
<td></td>
</tr>
<tr>
<td>Conjugated estrogens</td>
<td>Premarin</td>
<td>0.3, 0.45†, 0.625, 0.9‡, 1.25</td>
</tr>
<tr>
<td>Synthetic conjugated estrogens, B</td>
<td>Enjuvia‡</td>
<td>0.3, 0.45, 0.625, 0.9, 1.25</td>
</tr>
<tr>
<td>Conjugated estrogens, CSD‡ (synthetic)</td>
<td>C.E.S. pms-Conjugated estrogens, CSD</td>
<td>0.3, 0.625, 0.9, 1.25</td>
</tr>
<tr>
<td>Esterified estrogens</td>
<td>Menest‡</td>
<td>0.3, 0.625, 1.25, 2.5 (administer cyclically)</td>
</tr>
<tr>
<td></td>
<td>Estragyn†</td>
<td>0.3, 0.625</td>
</tr>
<tr>
<td>Estropipate</td>
<td>Generic(s) available‡</td>
<td>0.625 (0.75 estropipate), 1.25 (1.5), 2.5 (3.0)</td>
</tr>
</tbody>
</table>

*Bioidentical: defined as compounds that have the same chemical and molecular structure as hormones that are produced in the body
† Available in Canada but not the United States
‡ Available in the United States but not Canada
Product names not marked are available in both the United States and Canada.
### Transdermal estrogen products

(Providers should check the full prescribing information for appropriate dosages for the indication and any updates or information that is not provided here, such as warnings and contraindications.)

<table>
<thead>
<tr>
<th>Active Ingredient(s)</th>
<th>Product Name</th>
<th>Dosage (mg E₂/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Patch, Film</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>17β-estradiol</strong>*</td>
<td>Alora†</td>
<td>0.025, 0.05, 0.075, 0.1 twice/wk</td>
</tr>
<tr>
<td></td>
<td>Climara</td>
<td>0.025, 0.0375, † 0.05, 0.06, † 0.075, 0.1 once/wk</td>
</tr>
<tr>
<td></td>
<td>Estraderm†</td>
<td>0.05, 0.1 twice/wk</td>
</tr>
<tr>
<td></td>
<td>Estradot‡</td>
<td>0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk</td>
</tr>
<tr>
<td></td>
<td>Minivelle†</td>
<td>0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk</td>
</tr>
<tr>
<td></td>
<td>Oesclim‡</td>
<td>0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk</td>
</tr>
<tr>
<td></td>
<td>Vivelle-Dot†</td>
<td>0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk</td>
</tr>
<tr>
<td></td>
<td>Generic(s) available</td>
<td></td>
</tr>
<tr>
<td><strong>Transdermal gel</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>17β-estradiol</strong>*</td>
<td>Divigel</td>
<td>0.25, 0.5, 1.0</td>
</tr>
<tr>
<td></td>
<td>EstroGel</td>
<td>0.75 (US: single approved dose, Canada: adjust to control symptoms)</td>
</tr>
<tr>
<td></td>
<td>Elestrin†</td>
<td>0.52 (adjust based on clinical response)</td>
</tr>
<tr>
<td><strong>Transdermal spray</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>17β-estradiol</strong>*</td>
<td>Evamist†</td>
<td>1.53 (1 spray/d initially, adjust dosage by clinical response)</td>
</tr>
</tbody>
</table>

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‡Available in Canada but not the United States
Product names not marked are available in both the United States and Canada.
### Vaginal estrogen products

*Revised: February 2016*

(Providers should check the full prescribing information for appropriate dosages for the indication and any updates or information that is not provided here, such as warnings and contraindications.)

<table>
<thead>
<tr>
<th>Active Ingredient(s)</th>
<th>Product Name</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Creams</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17β-estradiol*</td>
<td>Estrace Vaginal Cream†</td>
<td>Initial: 2-4 g/d for 1-2 wk Maintenance: 1 g 1-3 times/wk (0.1 mg estradiol/g)</td>
</tr>
</tbody>
</table>
| Conjugated estrogens | Premarin Vaginal Cream | Atrophic vaginitis  
Kraurosis vulvae  
Dyspareunia (US: Moderate to severe)  
**US:**  
For atrophic vaginitis and kraurosis vulvae: 0.5-2 g/d (0.625 mg conjugated estrogens/g) for 21 d then off 7 d  
For moderate to severe dyspareunia: 0.5 g twice weekly continuous or for 21 d then off 7 d  
**Canada:**  
Low dose: 0.5 g intravaginal or topical twice/wk  
Maximum recommended dose: 0.5 g/d intravaginally or topically for 21 d then off 7 d. Start with 0.5 g/d. Dosage adjustments (0.5 to 2 g) may be made based on individual response |
| Estrone*             | Estragyn Vaginal Cream‡ | 2-4 g/d (1 mg active ingredient/g) adjusted to lowest amount that controls symptoms. Usually cyclic (for 21 d then off 7 d) |
| **Rings**            |              |        |
| 17β-estradiol*       | Estring | **US:** Moderate to severe symptoms of vulvar and vaginal atrophy due to menopause  
**Canada:** Postmenopausal urogenital complaints due to estrogen deficiency  
**Canada:** Maximum recommended duration of continuous therapy is 2 years | 2 mg (releases 7.5 µg/d) for 90 days |

*Continued on page 4*
Continued from page 3

<table>
<thead>
<tr>
<th>Estradiol acetate*</th>
<th>Femring†</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Symptoms</strong></td>
<td><strong>Dosage</strong></td>
</tr>
<tr>
<td>Due to menopause</td>
<td>For 90 days (both strengths release systemic levels and require consideration of a progestogen if the uterus is intact)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estradiol hemihydrate*</td>
</tr>
<tr>
<td><strong>Symptoms</strong></td>
</tr>
<tr>
<td>Due to menopause</td>
</tr>
<tr>
<td>Vagifem 10‡</td>
</tr>
</tbody>
</table>

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Combination estrogen-progestogen products
(Providers should check the full prescribing information for appropriate dosages for the indication and any updates or information that is not provided here, such as warnings and contraindications.)

<table>
<thead>
<tr>
<th>Active Ingredient(s)</th>
<th>Product Name</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Oral continuous-cyclic</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conjugated estrogens (E) + medroxyprogesterone acetate (P)</td>
<td>Premphase*</td>
<td>0.625 mg E + 5.0 mg P (2 tablets: E days 1-14, E + P days 15-28)</td>
</tr>
<tr>
<td><strong>Oral continuous-combined</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conjugated estrogens (E) + medroxyprogesterone acetate (P)</td>
<td>Prempro*</td>
<td>0.3 or 0.45 mg E + 1.5 mg P, 0.625 mg E + 2.5 or 5.0 mg P</td>
</tr>
<tr>
<td>Ethinyl estradiol (E) + norethindrone acetate (P)</td>
<td>femhrt*, femHRT Lo†</td>
<td>2.5 µg E + 0.5 mg P</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5 µg E + 1 mg P</td>
</tr>
<tr>
<td>17β-estradiol (E) + norethindrone acetate (P)</td>
<td>Activella*</td>
<td>0.5 mg E + 0.1 mg P, 1 mg E + 0.5 mg P</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0.5 mg E + 0.1 mg P</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 mg E + 0.5 mg P</td>
</tr>
<tr>
<td>17β-estradiol (E) + drospirenone (P)</td>
<td>Angeliq</td>
<td>1 mg E + 0.5 mg P*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0.5 mg E + 0.25 mg P*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 mg E + 1 mg P</td>
</tr>
<tr>
<td><strong>Oral intermittent-combined</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17β-estradiol (E) + norgestimate (P)</td>
<td>Prefest*</td>
<td>1 mg E and 1 mg E + 0.09 mg P (E alone for 3 d, followed by E+P for 3 d, repeated continuously)</td>
</tr>
<tr>
<td><strong>Transdermal continuous-combined</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17β-estradiol (E) + norethindrone acetate (P)</td>
<td>CombiPatch*</td>
<td>0.05 mg E + 0.14 mg P twice/wk</td>
</tr>
<tr>
<td></td>
<td>Estalis†</td>
<td>0.05 mg E + 0.25 mg P twice/wk</td>
</tr>
<tr>
<td>17β-estradiol (E) + levonorgestrel (P)</td>
<td>Climara Pro</td>
<td>0.045 mg E + 0.015 mg P once/wk</td>
</tr>
</tbody>
</table>

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†Available in Canada but not the United States
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**Progestogens**

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<table>
<thead>
<tr>
<th>Active Ingredient(s)</th>
<th>Product Name</th>
<th>Dosage (mg/d)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medroxyprogesterone acetate</td>
<td>Provera</td>
<td>5, 10 (administer cyclically 12-14 d/mo)</td>
</tr>
<tr>
<td></td>
<td>Generic(s) available</td>
<td></td>
</tr>
<tr>
<td>Micronized progesterone*</td>
<td>Prometrium</td>
<td>200 (administer cyclically)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>US: 12 d/28-d cycle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Canada: last 14 d/cycle</td>
</tr>
</tbody>
</table>

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Other oral products

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<table>
<thead>
<tr>
<th>Active Ingredient(s)</th>
<th>Product Name</th>
<th>Dosage (mg/d)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conjugated estrogens + bazedoxifene</td>
<td>Duavee*</td>
<td>0.45 (E) + 20 (bazedoxifene)</td>
</tr>
<tr>
<td>Moderate to severe vasomotor symptoms</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ospemifene</td>
<td>Osphena*</td>
<td>60</td>
</tr>
<tr>
<td>Moderate to severe dyspareunia, a symptom of vulvar and vaginal atrophy, due to menopause</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paroxetine</td>
<td>Brisdelle*</td>
<td>7.5</td>
</tr>
<tr>
<td>Moderate to severe vasomotor symptoms</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Available in the United States but not Canada

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