

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

Oral 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.)

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

*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

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Active Ingredient(s)	Product Name	Dosage (mg E ₂ /day)
<i>Patch, Film</i>		
17β-estradiol*	Alora [†]	0.025, 0.05, 0.075, 0.1 twice/wk
	Climara	0.025, 0.0375, [†] 0.05, 0.06, [†] 0.075, 0.1 once/wk
	Estraderm [†]	0.05, 0.1 twice/wk
	Estradot [‡]	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Minivelle [†]	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Oesclim [‡]	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
	Generic(s) available	
<i>Transdermal gel</i>		
17β-estradiol*	Divigel	0.25, 0.5, 1.0
	EstroGel	0.75 (US: single approved dose, Canada: adjust to control symptoms)
	Elestrin [†]	0.52 (adjust based on clinical response)
<i>Transdermal spray</i>		
17β-estradiol*	Evamist [†]	1.53 (1 spray/d initially, adjust dosage by clinical response)

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Vaginal estrogen products

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Active Ingredient(s)	Product Name <i>Indication</i>	Dosage
<i>Creams</i>		
17β-estradiol*	Estrace Vaginal Cream [†] <i>Vulvar and vaginal atrophy</i>	Initial: 2-4 g/d for 1-2 wk Maintenance: 1 g 1-3 times/wk (0.1 mg estradiol/g)
Conjugated estrogens	Premarin Vaginal Cream <i>Atrophic vaginitis</i> <i>Kraurosis vulvae</i> <i>Dyspareunia (US: Moderate to severe)</i>	<i>US:</i> <i>For atrophic vaginitis and kraurosis vulvae:</i> 0.5-2 g/d (0.625 mg conjugated estrogens/g) for 21 d then off 7 d <i>For moderate to severe dyspareunia:</i> 0.5 g twice weekly continuous or for 21 d then off 7 d <i>Canada:</i> 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 7d. Start with 0.5 g/d. Dosage adjustments (0.5 to 2 g) may be made based on individual response
Estrone*	Estragyn Vaginal Cream [‡] <i>Vulvovaginal atrophy</i>	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)
<i>Rings</i>		
17β-estradiol*	Estring <i>US: Moderate to severe symptoms of vulvar and vaginal atrophy due to menopause</i> <i>Canada:</i> <i>Postmenopausal urogenital complaints due to estrogen deficiency</i>	2 mg (releases 7.5 μ g/d) for 90 days <i>Canada:</i> Maximum recommended duration of continuous therapy is 2 years

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Estradiol acetate*	Femring [†] <i>Moderate to severe vasomotor symptoms due to menopause</i> <i>Moderate to severe vulvar and vaginal atrophy due to menopause</i>	0.05 mg/d, 0.10 mg/d for 90 days (both strengths release systemic levels and require consideration of a progestogen if the uterus is intact)
<i>Tablet</i>		
Estradiol hemihydrate*	Vagifem [†] <i>Atrophic vaginitis due to menopause</i> Vagifem 10 [‡] <i>Symptoms of vaginal atrophy due to estrogen deficiency</i>	10 µg, 25 µg Initial: 1 tablet/d for 2 wk Maintenance: 1 tablet twice/wk 10 µg Initial: 1 tablet/d for 2 wk Maintenance: 1 tablet twice/wk

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Combination estrogen-progestogen products

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Active Ingredient(s)	Product Name	Dosage
<i>Oral continuous-cyclic</i>		
Conjugated estrogens (E) + medroxyprogesterone acetate (P)	Premphase*	0.625 mg E + 5.0 mg P (2 tablets: E days 1-14, E + P days 15-28)
<i>Oral continuous-combined</i>		
Conjugated estrogens (E) + medroxyprogesterone acetate (P)	Prempro*	0.3 or 0.45 mg E + 1.5 mg P, 0.625 mg E + 2.5 or 5.0 mg P
Ethinyl estradiol (E) + norethindrone acetate (P)	femhrt*, femHRT Lo [†] Generic(s) available*	2.5 µg E + 0.5 mg P
	femhrt*, femHRT [†] Generic(s) available*	5 µg E + 1 mg P
17β-estradiol (E) + norethindrone acetate (P)	Activella* Generic(s) available*	0.5 mg E + 0.1 mg P, 1 mg E + 0.5 mg P
	Activelle LD [†]	0.5 mg E + 0.1 mg P
	Activelle [†]	1 mg E + 0.5 mg P
17β-estradiol (E) + drospirenone (P)	Angeliq	1 mg E + 0.5 mg P*, 0.5 mg E + 0.25 mg P*, 1 mg E + 1 mg P [†]
<i>Oral intermittent-combined</i>		
17β-estradiol (E) + norgestimate (P)	Prefest*	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)
<i>Transdermal continuous-combined</i>		
17β-estradiol (E) + norethindrone acetate (P)	CombiPatch* Estalis [†]	0.05 mg E + 0.14 mg P twice/wk 0.05 mg E + 0.25 mg P twice/wk
17β-estradiol (E) + levonorgestrel (P)	Climara Pro	0.045 mg E + 0.015 mg P once/wk

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Progestogens

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

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Other oral products

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

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