

Table 6. Oral Estrogen Therapy Products for Postmenopause Use in the United States and Canada

Composition	Product name	Dosages, mg/d
Conjugated estrogen	Premarin	0.3, 0.45, ^a 0.625, 0.9, ^a 1.25
Synthetic conjugated estrogen ^a	Cenestin ^a	0.3, 0.45, 0.625, 0.9, 1.25
	Congest ^b	0.3, 0.625, 0.9, 1.25, 2.5
	C.E.S. ^b	0.3, 0.625, 0.9, 1.25
	PMS-Conjugated ^b	0.3, 0.625, 0.9, 1.25
Synthetic conjugated estrogen ^b	Enjuvia ^a	0.3, 0.45, 0.625, 0.9, 1.25
Esterified estrogen	Menest ^a	0.3, 0.625, 1.25, 2.5
17 β -estradiol	Estrace, various generics Gynodiol, Innofem	0.5, 1.0, 2.0
Estradiol acetate	Femtrace ^a	0.45, 0.9, 1.8
Estropipate	Ortho-Est ^a	0.625 (0.75 estropipate), 1.25 (1.5), 2.5 (3.0), 5.0 (6.0)
	Ogen	0.625 (0.75), 1.25 (1.5), 2.5 (3.0)
	Various generics	0.625 (0.75), 1.5 (3.0), 5.0 (6.0)

Estradiol-containing products are considered bioidentical.

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

^aAvailable in the United States but not Canada.

^bAvailable in Canada but not the United States.

Table 7. Transdermal Estrogen Therapy Products for Postmenopause Use in the United States and Canada

Composition	Product name	Dosage, mg
17 β -estradiol matrix patch	Alora ^a	0.025, 0.05, 0.075, 0.1 twice/wk
	Climar ^a	0.025, 0.0375, ^a 0.05, 0.075, 0.1 once/wk
	Esclim ^a	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Estradot ^b	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Fempatch	0.025 once/wk
	Menostar ^a	0.014 once/wk
	Minivelle	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Oesclim ^b	0.05, 0.1 twice/wk
	Vivelle ^a	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Vivelle-Dot ^a	0.025, 0.0375, 0.05, 0.075, 0.1 twice/wk
	Various generics	0.1, 0.05 once or twice/wk
17 β -estradiol reservoir patch	Estraderm	0.025, ^b 0.05, ^a 0.1 twice/wk
17 β -estradiol transdermal gel	EstroGel, ^a EstroGel ^b	0.035/d
	Elestrin ^a	0.0125/d
	Divigel ^a	0.25, 0.5, and 1.0 g/d
17 β -estradiol topical emulsion	Estrasorb ^a	0.05/d (2 packets)
17 β -estradiol topical emulsion (estradiol hemihydrate 2.5 mg/g)		
17 β -estradiol transdermal spray	Evamist ^a	0.021/90 μ L/d (increase to 1.5/90 μ L/d if needed)

Estradiol-containing products are considered bioidentical.

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

^aAvailable in the United States but not Canada.

^bAvailable in Canada but not the United States.

Table 8. Vaginal Estrogen Therapy Products for Postmenopause Use in the United States and Canada

Composition	Product name	Dosage
Vaginal creams		
17 β -estradiol ^a	Estrace Vaginal Cream ^b	Initial: 2-4 g/d for 1-2 wk. Maintenance: 1 g 1-3x/wk. (0.1 mg active ingredient/g)
Conjugated estrogens ^a	Premarin Vaginal Cream	Clinical use :1 g daily for 1-2 wk. Maintenance: 0.5-1 g 1-3 x /wk. For GSM: 0.5-2 g/d for 21 d, then off 7 d. For dyspareunia: 0.5 g/d for 21 d, then off 7 d, or twice/wk (0.625 mg active ingredient/g)
Esterone	Estragyn Vaginal Cream ^c	Clinical use: 0.5 g/d for 2 wk, then 0.5 g/d 2-3 x/wk. 2-4 g/d (1 mg active ingredient/g)
Vaginal rings		
17 β -estradiol	Estring	Device containing 2 mg releases 7.5 μ g/d for 90 d (for GSM).
Estradiol acetate	Femring ^b	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 GSM and VMS. (Progestogen recommended.)
Vaginal tablet/insert		
Estradiol	Imvexxy	4 μ g and 10 μ g Initial: 1 insert/d for 2 wk Maintenance: 1 tablet 2x/wk
Estradiol hemihydrate	Vagifem Vagifem generic	Initial: 1 tablet/d for 2 wk. Maintenance: 1 tablet 2 x/wk (tablet containing 10 μ g of estradiol hemihydrate, equivalent to 10 μ g estradiol; for GSM)

Estradiol-containing products are considered bioidentical.

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

Abbreviations: GSM, genitourinary syndrome of menopause; VMS, vasomotor symptoms.

^aHigher doses of vaginal estrogen are systemic and meant to relieve hot flashes as well as GSM; lower doses are intended for vaginal symptoms only, even though a small amount does get absorbed.

^bAvailable in the United States but not Canada.

^cAvailable in Canada but not the United States.

Table 9. Progestogens Available in the United States and Canada

Composition	Product name	Dosage/d
Oral tablet: progestin		
MPA	Provera, various generics	2.5 mg, 5 mg, 10 mg
Norethindrone	Micronor, ^a Nor-QD, ^{a,b} various generics	0.35 mg
NETA	Aygestin, ^{a,b} various generics	5 mg
Megestrol acetate	Megace, ^a various generics	20 mg, ^b 40 mg, 40-mg suspension
Oral capsule: progesterone		
Micronized progesterone (in peanut oil)	Prometrium, generic	100 mg, 200 mg ^b
Intrauterine system: progestin		
Levonorgestrel	Mirena ^a	20 µg/d approx release rate (52 mg has 5-y use)
	Skyla	6 µg /d release rate (13.5 mg has 3-y use)
	Liletta: 19.5 µg /d release rate; 17 µg /d at 1 y (52 mg has 5-y use)	
	Kyleena: 17.5 µg/d release rate (19.5 µg has 5-y use)	
Vaginal gel		
Progesterone	Crinone ^a 4%, ^b 8%	45- or 90-mg applicator
Vaginal tablet		
Progesterone	Endometrin ^a	100 mg

Progesterone-containing products are considered bioidentical.

Abbreviations: MPA, medroxyprogesterone acetate; NETA, norethindrone acetate.

^aNot approved by FDA for hormone therapy.

^bAvailable in the United States but not Canada.

Table 10. Combination Estrogen-Progestogen Therapy Products for Postmenopause Use in the United States and Canada

Composition	Product name	Dosage, mg/d
Oral continuous-cyclic regimen		
CE (E) + MPA (P)	Premphase ^a	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)
Oral continuous-combined regimen		
17 β-estradiol (E) + progesterone	Bijuva	1 mg E + 100 mg P
CE (E) + MPA (P)	Prempro ^a	0.625 mg E + 2.5 or 5.0 mg P (1 tablet); 0.3 or 0.45 mg E + 1.5 mg P (1 tablet)
Ethinyl estradiol (E) + NETA (P)	Femhrt, ^a femHRT ^b	2.5 μg E + 0.5 mg P (1 tablet); 5 μg E + 1 mg P (1 tablet)
17β-estradiol (E) + NETA (P)	Activella ^a	0.5 mg E + 0.1 mg P (1 tablet); 1 mg E + 0.5 mg P (1 tablet)
	Activelle LD ^b	0.5 mg E + 0.1 mg P (1 tablet)
	Activelle ^b	1 mg E + 0.5 mg P (1 tablet)
17β-estradiol (E) + drospirenone (P)	Angeliq	0.5 mg E + 0.25 mg P (1 tablet) ^a ; 1 mg E + 0.5 mg P (1 tablet) ^b
Oral intermittent-combined regimen		
17β-estradiol (E) + norgestimate (P)	Prefest ^a	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)
Transdermal continuous-combined regimen		
17β-estradiol (E) + NETA (P)	CombiPatch, ^a Estalis ^b	0.05 mg E + 0.14 mg P (9 cm ² patch, twice/wk); 0.05 mg E + 0.25 mg P (16 cm ² patch, twice/wk)
17β-estradiol (E) + LNG (P)	Climara Pro	0.045 mg E + 0.015 mg P (22 cm ² patch, once/wk)

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

Abbreviations: CE, conjugated estrogens; LNG, levonorgestrel; MPA, medroxyprogesterone acetate; NETA, norethindrone acetate.

^aAvailable in the United States but not Canada.

^bAvailable in Canada but not the United States.