

HORMONE REPLACEMENT THERAPY (HRT)

Activelle®, *Estrofem®*, *Femoston® 1/10*, *Premarin®*, *Progyluton®*, *Trisequens®*

Patient Information Leaflet

This leaflet answers some common questions about Hormone Replacement Therapy (HRT). It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist

What is HRT used for?

As a woman approaches menopause, hormonal changes can cause unpleasant symptoms such as hot flushes and night sweats. Some issues such as osteoporosis and heart disease may also arise. Hormone replacement therapy (HRT) can help restore the hormonal balance and reduce these symptoms and risks.

When should it be taken?

Take once a day at the same time.

In order to avoid stomach irritation, you can take the medication with food or immediately after food.

How should it be taken?

There are different regimens for HRT and your doctor has prescribed the one most suitable for you. Follow the instructions on the label, ask your doctor or pharmacist to explain any part you do not understand.

28-day HRTs

Monophasic HRTs

- Premarin® – Conjugated estrogen 0.625mg
- Estrofem® – Estradiol hemihydrate 1 or 2mg
- Progy Nova® – Estradiol valerate 2mg
- Activelle® – Estradiol hemihydrate 1mg/ Norethisterone 0.5mg

Biphasic HRT

- Femoston 1/10® – 14 white tablets 1mg estradiol hemihydrate, 14 grey tablets estradiol hemihydrate 1mg/dydrogesterone 10mg

Triphasic HRT

- Trisequens® – 12 blue tablets with estradiol hemihydrate 2mg, 10 white tablets with estradiol hemihydrate 2mg/norethisterone acetate 1mg, 6 red tablets with estradiol 1mg

21-day HRT

- Progyluton® – 11 white tablets estradiol valerate 2mg, 10 pale brown tablets estradiol valerate 2mg/norgestrel 0.5mg

HRT Regimens

Day of Cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Premarin Estrofem Progy Nova (Unopposed estrogen therapy – recommended for women without a uterus)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Activelle (Continuous combined therapy)	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊
Femoston 1/10 (Continuous estrogen and cyclic progestogen therapy)	•	•	•	•	•	•	•	•	•	•	•	•	•	•	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊
Progyluton (Cyclic estrogen and progestogen)	•	•	•	•	•	•	•	•	•	•	•	•	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊
Trisequens (Triphasic therapy)	•	•	•	•	•	•	•	•	•	•	•	•	•	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊	◊

•: Estrogen ◊: Estrogen + Progestogen
 *: withdrawal bleeding usually occurs within 3 to 7 days after the last progestogen tablet.

What should I do if I missed a dose?

Take a missed dose as soon as you remember. Do not take two tablets at one go.

What side effects can this medicine cause?

Some common side effects of HRTs include:

- Mood changes
- Breast tenderness
- Slight bloating/ fluid retention
- Nausea
- Headache

Other precautions

This medication is NOT a contraceptive and should not be used as such. It is also contraindicated in pregnancy and breastfeeding.

Call your doctor if you:

- Have unexpected, prolonged or heavy menstrual bleeding
- Find a breast lump or have undiagnosed breast tenderness
- Experience yellowing of the skin and/or eyes
- Experience bothersome mood changes
- Have severe pain or numbness in one side of the body or experience breathing difficulties

Special Instructions

Follow up visits to your doctor are necessary to fine-tune your regimen.

Other medications may interact with this medication, when in doubt, consult doctor or pharmacist for more information.

Storage conditions

Store at room temperature, in a cool, dry place. Keep out of reach of children.



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