

HRT Shortages – Tips for women

Disclaimer - This resource aims to assist in prescribing decisions and offer women confidence about switching products. Always refer to BNF for complete prescribing guidelines and Summary of Product Characteristics for details of products. The situation with HRT stocks is changing regularly and is correct at date of publication.

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- *Are you finding it hard to understand which are equivalents and how they match in terms of hormonal component and dose?*

The HRTs mentioned below are ones that women have reported having availability issues. It may be that some are easier to get than others in some areas and some may not be included in all CCG formularies.

Bear in mind that women respond individually to HRT, so even the closest of matches may not always be as good as one they have been using. Even tablets that might seem identical might have different constituents.

Any change of HRT can lead to early side effects and a change in bleeding pattern. Three monthly review is recommended.

Potential stock issues	Possible substitute	Cautions or considerations
Elleste Solo tablets 1mg and 2mg (<i>out of stock</i>)	Zumenon 1mg/2mg, Progynova 1mg/2mg	May have different constituents
Elleste Duet 1mg(<i>out of stock</i>)	Novofem	May have different constituents
Elleste Duet 2mg (<i>out of stock</i>)	Novofem plus oral oestradiol 1mg	Off license use of extra oestradiol tablet in order to match dose
Elleste Duet Conti (<i>due back Jun 20</i>)	Kliofem	Equivalent dose and type, may have different constituents
Evorel or other patches (<i>many should be available</i>)	Estradot, Estraderm Mx, Elleste solo Mx, Progynova TS, Oestrogel, Sandrena	Oestrogen only patches and gels
Evorel sequi (<i>due back May 20</i>)	Any 50mcg patch or equivalent gel continuously + Utrogestan 2x100mg nightly for 14 days each cycle.	Women can take the oral Utrogestan two weeks on, two weeks off to mimic the pattern of the cyclical patch regimen May lead to change in bleeding pattern Different progestogen
Evorel Conti (<i>due back Jun 20</i>)	Any 50mcg oestrogen patch or gel equivalent with Utrogestan 100mg nightly continuously	Off license use of Utrogestan Different progestogen May change bleeding pattern