

HRT Equivalent Doses

Here is a basic guide to HRT dose equivalents. (Individual factors will still apply when making changes to doses.)

Here are a few equivalents (there are other non UK options but too many to list here)

Sandrena gel 0.5mg

25mcg patches

1 pump of Oestrogel

Tablets 0.5mg

Sandrena gel 1mg

50mcg patches (inc the combined Evorel Sequi or Conti)

2 pumps of Oestrogel

Tablets 1mg

Sandrena gel 1.5mg

75mcg patches

3 pumps of Oestrogel

Tablets 1.5mg

Sandrena gel 2mg
100mcg patches
4 pumps of Oestrogel
Tablets 2mg

***NOTE:**

When considering oral HRT tablets, the absorption is often more effective so it may be more appropriate to start on a lower dose than you were on with patches, gel or spray. Then it is easier to adjust upwards if necessary.

Lenzetto Spray:

Information in September 2021 stated that Lenzetto is less effective than previously thought so the equivalents of this product are as follows:

1 Oestrogel pump/25mcg patches/0.5mg tablets = **1.5 spray of Lenzetto**

2 Oestrogel pumps/50mcg patches/1mg tablets = **3 sprays of Lenzetto**

3 Oestrogel pumps/75mcg patches/1.5mg tablets = **4.5 sprays of Lenzetto**

4 Oestrogel pumps/100mcg patches/2mg tablets = **6 sprays of Lenzetto**

The BMS clearly states that:

"Oestradiol spray Lenzetto three sprays (40 mcgm) is equivalent to the oestrogen dose in Evorel Conti" (50mcg)



In simple terms:

We know that Evorel Conti delivers 50mcg of Estrogen and this is also equivalent to 2 pumps of Oestrogel (see above list) so... this results in:

3 sprays of Lenzetto = 2 pumps of gel = a 50mcg patch
and

6 sprays = 4 gel and a 100mcg patch.

Progesterone:

Remember that you need progesterone as well as estrogen unless you have had a hysterectomy.

Combined tablets, Evorel Sequi and Conti have progesterone included but otherwise you will need a Mirena coil or an oral progesterone included in your regime.

There are a variety of options which are outlined in the Progesterone guide.