

Starting estrogen: How will I feel?

**So...you've collected your HRT patches, gel or tablets!
Now what?!**

Many women panic when they read the leaflet that comes with the HRT!

Please note:

The information contained in these is very out of date and relates to older types of HRT or misinformation from many years ago. There are campaigns underway to get the leaflets to be more reflective of the actual facts, but in the meantime don't let them put you off your HRT.

Breast Cancer:

One of the most common concerns is breast cancer, but for the purpose of this guide I'm going to assume you have decided you are fully informed and good to go.

The next concern is "Will HRT make me anxious?"

As always, there are many many variations of this situation but here is some general guidance.

A larger dose of Estrogen can make you feel agitated and nauseous as it can be a bit of a surprise to your system so, whether you're just starting out or increasing your dose you will need to give each dose 2-3 months to settle down.

A starting dose of gel can be 1 or 2 pumps

A starting dose of a patch is usually 50mcg or 25mcg

Depending on the tablet a starting dose would be 1mg (possibly 0.5)

Even a starting dose needs time to settle.

**It's worth noting that you may feel fine with no side effects but if you do, don't panic or reduce your dose as this just messes your balance.*

If you want more individual advice please book a consultation [HERE](#)

Depending on how long you have been peri or post menopausal; it will take some time for your body to fully adjust to the new hormone level which can be anything from a few days to 6 months.

It's always best to start on a lower (more standard) starting dose and work up to a level that you may actually need; than to go full on with a higher dose.