



Equivalent Doses for Various Oestrogen HRT Preparations

Some women may start on a type of HRT but may like to try something different for many reasons: Getting side effects; it may not be suitable with certain medical conditions; or they just think another preparation suits their lifestyle better. **Most recently, there has been a huge shortage of HRT** and variation in stock. Therefore, if the product you currently use is out of stock, our handy little table may help you convert the dose you are using to another preparation which is available.

It is important to note, the absorption of HRT varies in different women. You may find that your symptoms change or are not controlled when switching preparations and we would recommend you speak with your specialist as the doses may need to be tweaked.

	Oral	Patch	Gel Pump	Gel Sachet	Gel spray
	0.5mg	½ a 25microg patch	½ pump	0.25mg	1 spray
Equivalent Doses	1mg	25microg	1pump	0.5mg	1-2sprays
	2mg	50microg	2pumps	1mg	2-3sprays
	3mg	75-100microg	3-4pumps	1.5-2mg	>3