

Menopausal Hormone Therapy (HT): Care Instructions



Overview

Hormone therapy (HT) is medicine to treat menopause symptoms. These include hot flashes, vaginal dryness, and sleep problems. HT replaces the hormones that drop at menopause. You may start to get relief from these symptoms within weeks of starting HT.

HT may contain one or both of the hormones estrogen and progestin. HT may come in the form of a pill, patch, gel, spray, or vaginal ring. A vaginal cream, a vaginal tablet, or a vaginal ring that has a much lower dose of estrogen may be used to relieve dryness and other tissue changes in and around the vagina.

Like all medicines, HT has some risks. But for many people, the benefits of taking HT outweigh the risks. Talk with your doctor about whether HT is right for you. And talk to your doctor about having regular checkups while you are taking HT.

Why might you take HT?

HT is effective at treating symptoms of menopause. These include hot flashes, sleep problems, mood symptoms, and vaginal dryness. HT can also help slow bone loss that happens after menopause. And it may reduce the risk of colon cancer and type 2 diabetes.

Treatment with low-dose vaginal HT may also help prevent urinary tract infections (UTIs) and other urinary symptoms.

What are the risks of taking HT?

Taking HT can increase the risk of certain health problems for some people. But many people can take HT safely with little risk. Talk with your doctor about the risks and benefits of HT for you. A person's risk can depend on:

Age and when HT is started in menopause.

Short-term use of HT in early menopause has less risk than when it is started later in menopause.

- **Starting HT later in menopause.** This may increase the risk of heart disease, breast cancer, blood clots, stroke, dementia, urinary incontinence, and gallbladder disease.
- **Starting HT earlier in menopause.** This has much less risk. But it may slightly increase the risk of breast cancer, blood clots, stroke, urinary incontinence, and gallbladder disease.

Health history.

HT is not recommended if you:

- Could be pregnant.
- Have a personal history of blood clots, heart attack, or stroke.
- Have vaginal bleeding from an unknown cause.
- Have active liver disease.

If you have a history of breast or endometrial cancer, you may be able to take some types of HT but not others. Ask your doctor.

The type of HT.

- Low-dose vaginal estrogen HT, such as a cream, has less risk than other forms of HT.
- Risk can depend on whether estrogen is given alone or with progestin. If you don't have a uterus, your doctor may recommend estrogen-only HT. But if you do have a uterus, estrogen and progestin therapy is a safer option.

Where can you learn more?

Go to <https://www.healthwise.net/PatientEd>

Enter **V552** in the search box to learn more about "**Menopausal Hormone Therapy (HT): Care Instructions**".

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Estrogen Vaginal

Important warning:

Estrogen increases the risk that you will develop endometrial cancer (cancer of the lining of the uterus [womb]) during your treatment or up to 15 years after your treatment, if you have not had a hysterectomy (surgery to remove the uterus [womb]). The longer you use estrogen, the greater the risk that you will develop endometrial cancer. If you have not had a hysterectomy, you may be given another medication called a progestin to take with vaginal estrogen. This may decrease your risk of developing endometrial cancer but may increase your risk of developing certain other health problems, including breast cancer. Before you begin using vaginal estrogen, tell your doctor if you have or have ever had cancer and if you have unusual vaginal bleeding. Your doctor may tell you not to use vaginal estrogen. Call your doctor immediately if you have abnormal or unusual vaginal bleeding during your treatment with vaginal estrogen. Your doctor will watch you closely to help ensure you do not develop endometrial cancer during or after your treatment.

In a large study, women who took estrogen with progestins by mouth had a higher risk of heart attacks, strokes, blood clots in the lungs or legs, breast cancer, and dementia (loss of ability to think, learn, and understand). Women who use vaginal estrogen alone or with progestins may also have a higher risk of developing these conditions. Tell your doctor if you have had a heart attack or a stroke, if you or anyone in your family has or has ever had blood clots or breast cancer, or if you have any condition that increases the risk that you will develop blood clots. Your doctor may tell you not to use vaginal estrogen. Also tell your doctor if you if you smoke or use tobacco, and if you have or have ever had high blood pressure, high blood levels of cholesterol or fats, diabetes, heart disease, lupus (a condition in which the body attacks its own tissues causing damage and swelling), breast lumps, or an abnormal mammogram (x-ray of the breasts used to find breast cancer).

The following symptoms can be signs of the serious health conditions listed above. Call your doctor immediately if you experience any of the following symptoms while you are using vaginal estrogen: sudden, severe headache; sudden, severe vomiting; speech problems; dizziness or faintness; sudden complete or partial loss of vision; double vision; weakness or numbness of an arm or a leg; crushing chest pain or chest heaviness; coughing up blood; sudden shortness of breath; difficulty thinking clearly, remembering, or learning new things; breast lumps or other breast changes; discharge from nipples; or pain, tenderness, or redness in one leg.

You can take steps to decrease the risk that you will develop a serious health problem while you are using vaginal estrogen. Do not use vaginal estrogen alone or with a progestin to prevent heart disease, heart attacks, strokes, or dementia. Use the lowest dose of estrogen that controls your symptoms and only use vaginal estrogen as long as needed. Talk to your doctor every 3 to 6 months to decide if you should use a lower dose of estrogen or should stop using the medication.

You should examine your breasts every month and have a mammogram and a breast exam performed by a doctor every year to help detect breast cancer as early as possible. Your doctor will tell you how to properly examine your breasts and whether you should have these exams more often than once a year because of your personal or family medical history.

Tell your doctor if you are having surgery or will be on bed rest. Your doctor may tell you to stop using vaginal estrogen 4 to 6 weeks before the surgery or bed rest to decrease the risk

that you will develop blood clots.

Talk to your doctor regularly about the risks and benefits of using vaginal estrogen.

Why is this medicine prescribed?

Vaginal estrogen is used to treat vaginal dryness, itching, and burning; painful or difficult urination; and sudden need to urinate immediately in women who are experiencing or have experienced menopause (change of life; the end of monthly menstrual periods). Femring[®] brand vaginal ring is also used to treat hot flashes ('hot flashes'; sudden strong feelings of heat and sweating) in women who are experiencing menopause. Premarin[®] brand vaginal cream is also used to treat kraurosis vulvae (a condition that may cause vaginal dryness and discomfort in women or girls of any age). Imvexxy[®] brand vaginal inserts are used for the treatment of dyspareunia (difficult or painful sexual intercourse) in menopausal women. Vaginal estrogen is in a class of medications called hormones. It works by replacing estrogen that is normally produced by the body.

Are there other uses for this medicine?

This medication may be prescribed for other uses; ask your doctor or pharmacist for more information.

How should this medicine be used?

Vaginal estrogen comes as a flexible ring, a vaginal insert, as a tablet to insert in the vagina, and as a cream to apply to the inside of the vagina. Estrogen vaginal rings are usually inserted in the vagina and left in place for 3 months. After 3 months, the ring is removed, and a new ring may be inserted if treatment is still needed. Vaginal estrogen inserts are usually inserted once daily at the same time for 2 weeks, then used once every 3 to 4 days (twice weekly) as long as treatment is needed. Estrogen vaginal tablets are usually inserted once a day for the first 2 weeks of treatment and then are inserted twice a week as long as treatment is needed. Estrace[®] brand vaginal cream is usually applied once daily for 2 to 4 weeks, and then applied one to three times a week. Premarin[®] brand vaginal cream product is usually applied according to a rotating schedule that alternates several weeks when the cream is applied every day with one week when the cream is not applied. Use vaginal estrogen at around the same time of day every time you use it. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Use vaginal estrogen exactly as directed. Do not use more or less of it or use it more often than prescribed by your doctor.

To use the vaginal ring, follow these steps:

1. Wash and dry your hands.
2. Remove the vaginal ring from its pouch.
3. Stand with one leg up on a chair, step or other object, squat, or lie down. Choose the position that is most comfortable for you.
4. Hold the vaginal ring between your thumb and index finger and press the sides of the ring together. You may want to twist the ring into a figure-eight shape.
5. Hold open the folds of skin around your vagina with your other hand.

6. Place the tip of the ring into your vagina and then use your index finger to gently push the ring inside your vagina as far as you can.
7. The vaginal ring does not have to be positioned a certain way inside your vagina, but it will be more comfortable and less likely to fall out when it is placed as far back in your vagina as possible. The ring cannot go past your cervix, so it will not go too far in your vagina or get lost when you push it in. If you feel discomfort, use your index finger to push the ring further into your vagina.
8. Wash your hands again.
9. Leave the ring in place for 3 months. The ring may fall out if you have not inserted it deeply in your vagina, if your vaginal muscles are weak, or if you are straining to have a bowel movement. If the ring falls out, wash it with warm water and replace it in your vagina following the directions above. Do not use hot water to rinse the ring. If the ring falls out and is lost, insert a new ring and leave the new ring in place for up to 3 months. Call your doctor if your ring falls out often.
10. You can leave the ring in place when you have sex. If you choose to remove it or if it falls out, wash it with warm water and replace it in your vagina as soon as possible.
11. When you are ready to remove the ring, wash your hands and stand or lie in a comfortable position.
12. Put a finger into your vagina and hook it through the ring. Gently pull downward and forward to remove the ring.
13. Wrap the ring in a tissue or a piece of toilet paper and dispose of it safely, so that it is out of reach of children or pets. Do not flush the ring in a toilet.
14. Wash your hands again.

To use the vaginal tablet, follow these steps:

1. Tear off one applicator from the strip of applicators in your carton.
2. Open the plastic wrap and remove the applicator.
3. Stand with one leg up on a chair, step, or other object, or lie down. Choose the position that is most comfortable for you.
4. Hold the applicator in one hand with a finger on the end of the plunger.
5. Use the other hand to gently guide the applicator into the vaginal opening. If the tablet falls out of the applicator, do not try to replace it. Dispose of that applicator and tablet and use a fresh applicator.
6. Insert the applicator into your vagina as far as is comfortable. Do not force the applicator into your vagina or insert more than half of the applicator into your vagina.
7. Gently press the plunger until you hear a click.
8. Remove the empty applicator from your vagina and dispose of it as you would a plastic tampon applicator. Do not save or reuse the applicator.

To use the vaginal insert (Imvexxy[®]), follow these steps:

1. Wash and dry your hands before handling the vaginal insert.
2. Push one vaginal insert through the foil of the blister package.
3. Hold the vaginal insert with the larger end between your fingers.
4. Select the best insertion position for vaginal insertion either lying down or standing,
5. With the smaller end up, put the insert about 2 inches into your vagina using your finger.

To use the vaginal cream, follow these steps:

1. Remove the cap from the tube of cream.

2. Screw the nozzle or threaded end of the applicator onto the open end of the tube.
3. Gently squeeze the tube from the bottom to fill the applicator with the amount of cream that your doctor has told you to use. Look at the markings on the side of the applicator to help measure your dose.
4. Unscrew the applicator from the tube.
5. Lie on your back and pull your knees up toward your chest.
6. Gently insert the applicator into your vagina and press the plunger downward to release the cream.
7. Remove the applicator from your vagina.
8. To clean the applicator, pull the plunger to remove it from the barrel. Wash the applicator and plunger with mild soap and warm water. Do not use hot water or boil the applicator.

Ask your pharmacist or doctor for a copy of the manufacturer's information for the patient.

What special precautions should I follow?

Before using vaginal estrogen,

- tell your doctor and pharmacist if you are allergic to vaginal estrogen, any other estrogen products, any other medications, or any of the ingredients in the type of vaginal estrogen you plan to use. Ask your pharmacist or check the manufacturer's patient information for a list of the ingredients.
- tell your doctor and pharmacist what prescription and nonprescription medications, vitamins, and nutritional supplements, you are taking or plan to take. Your doctor may need to change the doses of your medications or monitor you carefully for side effects.
- tell your doctor what nonprescription or herbal products you are taking, especially St. John's wort. Be sure to let your doctor and pharmacist know that you are taking these medications before you start using estrogen vaginal. Do not start any of these medications while using estrogen vaginal without discussing with your healthcare provider.
- tell your doctor if you have liver disease or a blood disorder such as protein C deficiency, protein S deficiency, or an antithrombin deficiency that may increase your risk of developing abnormal blood clots. Your doctor will probably tell you not to use estrogen vaginal products.
- tell your doctor if you have or have ever had yellowing of the skin or eyes during pregnancy or during your treatment with an estrogen product, hereditary angioedema (inherited condition that causes episodes of swelling in the hands, feet, face, airway, or intestines), endometriosis (a condition in which the type of tissue that lines the uterus [womb] grows in other areas of the body), uterine fibroids (growths in the uterus that are not cancer), asthma, migraine headaches, seizures, porphyria (condition in which abnormal substances build up in the blood and cause problems with the skin or nervous system), very high or very low levels of calcium in your blood, hypoparathyroidism (condition in which the body does not produce enough parathyroid hormone), or thyroid, kidney, gallbladder, or pancreatic disease. If you will be using the vaginal ring, also tell your doctor if you have a vaginal infection; any condition that makes your vagina more likely to become irritated; a narrow vagina; or a condition where the rectum, bladder, or uterus has bulged or dropped into the vagina.

- tell your doctor if you are pregnant, plan to become pregnant, or are breastfeeding. If you become pregnant while using vaginal estrogen, call your doctor immediately.
- you should know that the manufacturer of one brand of estrogen vaginal cream (Premarin[®]) states that use of the cream may weaken latex or rubber birth control devices such as condoms or diaphragms. These devices may not be effective if you use them during your treatment with estrogen vaginal cream. Talk to your doctor about methods of birth control that will work for you.

What special dietary instructions should I follow?

Talk to your doctor about eating grapefruit and drinking grapefruit juice while using this medicine.

What should I do if I forget to take a dose?

Apply or insert the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not use a double dose or apply extra cream to make up for a missed dose.

What side effects can this medicine cause?

Vaginal estrogen may cause side effects. Tell your doctor if any of these symptoms are severe or do not go away:

- breast pain or tenderness
- nausea
- headache
- vomiting
- diarrhea
- difficulty falling asleep or staying asleep
- changes in sexual desire
- hair loss
- spotty darkening of the skin on the face
- sudden feelings of heat or sweating
- stomach pain or bloating
- swelling, redness, burning, itching, or irritation of the vagina
- vaginal discharge
- painful or difficult urination
- back or joint pain
- runny nose or congestion

Some side effects can be serious. If you experience any of these symptoms, call your doctor immediately:

- bulging eyes
- ongoing pain that begins in the stomach area but may spread to the back nausea, vomiting, or loss of appetite
- rash, hives, itching, hoarseness, or difficulty breathing or swallowing

- swelling of the eyes, face, tongue, throat, hands, arms, feet, ankles, or lower legs
- fever, nausea or vomiting, diarrhea, muscle pain, dizziness or fainting, or rash on face or body

Estrogen may increase your risk of developing cancer of the ovaries or gallbladder disease that may need to be treated with surgery. Talk to your doctor about the risks of using vaginal estrogen.

Vaginal estrogen may cause other side effects. Call your doctor if you have any unusual problems while taking this medication.

If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program online (<http://www.fda.gov/Safety/MedWatch> (<http://www.fda.gov/Safety/MedWatch>)) or by phone (1-800-332-1088).

What should I know about storage and disposal of this medication?

Keep this medication in the container it came in, tightly closed, and out of reach of children. Store it at room temperature and away from excess heat and moisture (not in the bathroom).

Unneeded medications should be disposed of in special ways to ensure that pets, children, and other people cannot consume them. However, you should not flush this medication down the toilet. Instead, the best way to dispose of your medication is through a medicine take-back program. Talk to your pharmacist or contact your local garbage/recycling department to learn about take-back programs in your community. See the FDA's Safe Disposal of Medicines website (<http://goo.gl/c4Rm4p> (<http://goo.gl/c4Rm4p>)) for more information if you do not have access to a take-back program.

It is important to keep all medication out of sight and reach of children as many containers (such as weekly pill minders and those for eye drops, creams, patches, and inhalers) are not child-resistant and young children can open them easily. To protect young children from poisoning, always lock safety caps and immediately place the medication in a safe location – one that is up and away and out of their sight and reach. <http://www.upandaway.org> (<http://www.upandaway.org/>)

What should I do in case of overdose?

If someone swallows vaginal estrogen, uses extra tablets or rings, or applies extra cream, call your local poison control center at 1-800-222-1222. If the victim has collapsed or is not breathing, call local emergency services at 911.

Symptoms of overdose may include the following:

- nausea
- vomiting
- stomach pain
- vaginal bleeding
- breast pain or tenderness
- dizziness
- drowsiness or fatigue

What other information should I know?

Keep all appointments with your doctor.

Before having any laboratory test, tell your doctor and the laboratory personnel that you are using vaginal estrogen.

Do not let anyone else use your medication. Ask your pharmacist any questions you have about refilling your prescription.

It is important for you to keep a written list of all of the prescription and nonprescription (over-the-counter) medicines you are taking, as well as any products such as vitamins, minerals, or other dietary supplements. You should bring this list with you each time you visit a doctor or if you are admitted to a hospital. It is also important information to carry with you in case of emergencies.

Brand name(s)

- Estrace[®] Cream
- Estring[®] Insert
- Femring[®] Insert
- Imvexxy[®]
- Ogen[®] Cream¶
- Premarin[®] Cream
- Vagifem[®] Vaginal Tablets

Other name(s)

- conjugated estrogens
- estradiol

¶ This branded product is no longer on the market. Generic alternatives may be available.

This report on medications is for your information only, and is not considered individual patient advice. Because of the changing nature of drug information, please consult your physician or pharmacist about specific clinical use.

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Estrogen and Progestin Transdermal Patch (Hormone Replacement Therapy)

Important warning:

Combination hormone replacement therapy (estrogen and progestin) may increase the risk of heart attack, stroke, blood clots in the lungs and legs, and breast cancer. Tell your doctor if you smoke and if you have or have ever had a breast lump; breast cancer; a heart attack; a stroke; blood clots or blood clotting problems; high blood pressure; high blood levels of cholesterol or fats; lupus (an autoimmune disease in which the immune system attacks healthy parts of the body such as joints, skin, blood vessels, and organs); or diabetes. If you are having surgery or will be on bedrest, talk to your doctor about stopping estrogen and progestin at least 4 to 6 weeks before the surgery or bedrest.

If you experience any of the following symptoms, call your doctor immediately or get emergency medical treatment: sudden, severe headache; sudden, severe vomiting; sudden partial or complete loss of vision; speech problems; dizziness or faintness; weakness or numbness of an arm or a leg; a lump in your breast; crushing chest pain or chest heaviness; coughing up blood; sudden shortness of breath; or calf pain.

Combination hormone replacement therapy also may increase the risk of dementia (decrease in thinking, remembering, and reasoning).

Talk to your doctor about the risk(s) and benefits of taking estrogen and progestin.

Why is this medicine prescribed?

Estrogen and progestin transdermal patches are used to treat certain symptoms of menopause. Estrogen and progestin patches are also used to treat certain conditions in women before they reach menopause if they are not making these hormones naturally. Estrogen and progestin patches are also used to prevent thinning of the bones (osteoporosis) in menopausal women. Your doctor will select the product that is best to treat your condition. Estrogen and progestin are two sex hormones. Hormone replacement therapy works by replacing hormones that are no longer being made by the body. Estrogen reduces hot flashes (feelings of warmth in the upper body and periods of sweating and heat), vaginal symptoms (itching, burning, and dryness) and difficulty with urination. Progestin is added to estrogen in hormone replacement therapy to reduce the risk of uterine cancer when the uterus is still present.

Are there other uses for this medicine?

This medication may be prescribed for other uses; ask your doctor or pharmacist for more information.

How should this medicine be used?

Transdermal estrogen and progestin come as a patch to apply to the skin. Patches are usually applied either once or twice weekly, depending on the product being used. Certain patients may also be told to only apply the patch during the last two weeks of their cycle. Always apply your patch on the same day(s) of the week. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Do not

use more or less of it or apply it more often than prescribed by your doctor. Apply estrogen and progestin patches exactly as directed.

To treat the symptoms of menopause, your doctor will probably start you on a low dose of estrogen and progestin and gradually increase your dose, not more than once every 3 to 6 months.

Each brand of estrogen and progestin patches should be applied following the specific directions given in the manufacturer's information for the patient. Read this information carefully before you start using estrogen and progestin patches and each time you refill your prescription. Ask your doctor or pharmacist if you have any questions. The following general instructions can help you remember some important things to do when you apply an estrogen and progestin patch:

1. Select a placement area of clean, dry area of skin on the lower abdomen (or upper part of the buttock if using the Climara[®] patch). Do not apply the patch to or near the breasts or near your waistline. The area should not have oily, damaged, or irritated skin or have skin with birth marks, tattoos, or that is very hairy. Rotate the areas used with an interval of at least a week for use of the same site.
2. Open the pouch and remove the patch carefully. Remove the protective liner as directed, being careful to not touch the adhesive part of the patch with your fingers.
3. Apply the patch to the selected site immediately after opening the pouch and removing the protective lining according to the instructions. Press the patch firmly in place and hold for at least 10 seconds making sure there is good contact around the edges.
4. When changing the patch, carefully and slowly remove the patch to avoid irritation of the skin. If any adhesive remains on the skin after removal, allow the area to dry for 15 minutes. Then gently rub the area with an oil-based cream or lotion to remove the adhesive residue.
5. Used patches may still contain some medication. Carefully fold each patch in half so that it sticks together and dispose of it so that it is out of the reach of children and pets. Do not flush used patches in a toilet.

Check your patch every day to make sure it is sticking. If the patch falls off, try to reapply it in the same place immediately. If you cannot reapply the patch, apply a new patch in another area. Then continue to follow your original placement schedule. If you stop using your patch or forget to apply a new patch as scheduled you may have spotting, or bleeding, and your symptoms may come back.

Once in place, the patch should not be exposed to the sun for prolonged periods of time.

Ask your pharmacist or doctor for a copy of the manufacturer's information for the patient.

What special precautions should I follow?

Before using estrogen and progestin patches,

- tell your doctor and pharmacist if you are allergic to estrogen or progestin, any other medications, or any of the ingredients in the transdermal patches. Ask your pharmacist for a list of the ingredients.
- tell your doctor and pharmacist what prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking or plan to take while using estrogen and progestin patches. Your doctor may need to change the doses of your medications or monitor you carefully for side effects.

- the following nonprescription or herbal products may interact with estrogen and progestin patches: St. John's wort. Be sure to let your doctor and pharmacist know that you are taking these medications before you start using estrogen and progestin patches. Do not start any of these medications while using estrogen and progestin patches without discussing with your healthcare provider.
- in addition to the conditions listed in the IMPORTANT WARNING section, tell your doctor if you have or have ever had unusual vaginal bleeding, any type of cancer, or liver disease. Your doctor may tell you not to use estrogen and progestin patches.
- tell your doctor if you have or have ever had a hysterectomy (surgery to remove your uterus), asthma, seizures, migraine, endometriosis (condition in which tissue similar to the lining of the uterus grows outside the uterus), high levels of calcium in your blood, or gallbladder, thyroid, or kidney disease.
- tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while using estrogen and progestin patches, call your doctor.
- if you are having surgery, including dental surgery, tell the doctor or dentist you are using estrogen and progestin patches.
- tell your doctor if you use tobacco products. Smoking while taking this medication may increase your risk of serious side effects such as blood clots and stroke.

What special dietary instructions should I follow?

Do not drink grapefruit juice while taking this medication.

Unless your doctor tells you otherwise, continue your normal diet.

What should I do if I forget to take a dose?

Apply the missed dose as soon as you remember it. Do not apply extra patches to make up for a missed dose.

What side effects can this medicine cause?

Estrogen and progestin may cause side effects. Tell your doctor if any of these symptoms are severe or do not go away:

- redness or irritation where the patch is placed
- headache
- breast pain
- nausea
- back pain
- swelling of the hands, legs, and feet

Some side effects can be serious. If you experience any of these symptoms or those listed in the IMPORTANT WARNING section, call your doctor immediately or get emergency medical treatment:

- hives, rash, itching, difficulty breathing or swallowing
- swelling of the face, throat, tongue, lips, and eyes

- changes in vision
- extreme thirst, frequent urination and pain in the stomach area
- unusual vaginal bleeding
- nausea, vomiting, pain in the upper right side of abdomen
- severe pain in the upper abdomen that may spread to the back or chest
- itchy skin, dark urine, yellowing of your skin or eyes, flu-like symptoms pain in the upper right part of your stomach.

Estrogen and progestin may cause other side effects. Call your doctor if you have any unusual problems while taking this medication.

If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program online (<https://www.fda.gov/Safety/MedWatch> (<https://www.fda.gov/Safety/MedWatch>)) or by phone (1-800-332-1088).

What should I know about storage and disposal of this medication?

Keep this medication in the container it came in, tightly closed, and out of reach of children. Store Combipatch in a refrigerator. Climara Pro may be stored at room temperature.

Keep all medication out of sight and reach of children as many containers are not child-resistant. Always lock safety caps. Place the medication in a safe location – one that is up and away and out of their sight and reach. <https://www.upandaway.org> (<https://www.upandaway.org/>)

Dispose of unneeded medications in a way so that pets, children, and other people cannot take them. Do not flush this medication down the toilet. Use a medicine take-back program. Talk to your pharmacist about take-back programs in your community. Visit the FDA's Safe Disposal of Medicines website <https://goo.gl/c4Rm4p> (<https://goo.gl/c4Rm4p>) for more information.

What should I do in case of overdose?

If someone swallows estrogen and progestin patches or applies multiple patches, call your local poison control center at 1-800-222-1222. If the victim has collapsed or is not breathing, call local emergency services at 911.

Symptoms of overdose may include:

- nausea, vomiting, breast tenderness, abdominal pain, drowsiness and fatigue, and vaginal bleeding

What other information should I know?

Keep all appointments with your doctor and the laboratory. Your doctor may order certain lab tests to check your body's response to estrogen and progestin.

Before having any laboratory test, tell your doctor and the laboratory personnel that you are using estrogen and progestin patches.

Do not let anyone else take your medication. Ask your pharmacist any questions you have about refilling your prescription.

Keep a written list of all of the prescription and nonprescription (over-the-counter) medicines, vitamins, minerals, and dietary supplements you are taking. Bring this list with you each time you visit a doctor or if you are admitted to the hospital. You should carry the list with you in case of emergencies.

Brand name(s)

- Climara Pro[®]
- Combipatch[®]

This report on medications is for your information only, and is not considered individual patient advice. Because of the changing nature of drug information, please consult your physician or pharmacist about specific clinical use.

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Estradiol Transdermal Patch

Important warning:

Estradiol increases the risk that you will develop endometrial cancer (cancer of the lining of the uterus [womb]). The longer you use estradiol, the greater the risk that you will develop endometrial cancer. If you have not had a hysterectomy (surgery to remove the uterus), you should be given another medication called a progestin to take with transdermal estradiol. This may decrease your risk of developing endometrial cancer but may increase your risk of developing certain other health problems, including breast cancer. Before you begin using transdermal estradiol, tell your doctor if you have or have ever had cancer and if you have unusual vaginal bleeding. Call your doctor immediately if you have abnormal or unusual vaginal bleeding during your treatment with transdermal estradiol. Your doctor will monitor you closely to help ensure you do not develop endometrial cancer during or after your treatment.

In a large study, women who took estrogens (a group of medications that includes estradiol) by mouth with progestins had a higher risk of heart attacks, strokes, blood clots in the lungs or legs, breast cancer, and dementia (loss of ability to think, learn, and understand). Women who use transdermal estradiol alone or with progestins may also have a higher risk of developing these conditions. Tell your doctor if you smoke or use tobacco, if you have had a heart attack or a stroke, and if you or anyone in your family has or has ever had blood clots or breast cancer. Also tell your doctor if you have or have ever had high blood pressure, high blood levels of cholesterol or fats, diabetes, heart disease, lupus (a condition in which the body attacks its own tissues causing damage and swelling), breast lumps, or an abnormal mammogram (x-ray of the breast used to find breast cancer).

The following symptoms can be signs of the serious health conditions listed above. Call your doctor immediately if you experience any of the following symptoms while you are using transdermal estradiol: sudden, severe headache; sudden, severe vomiting; speech problems; dizziness or faintness; sudden complete or partial loss of vision; double vision; weakness or numbness of an arm or a leg; crushing chest pain or chest heaviness; coughing up blood; sudden shortness of breath; difficulty thinking clearly, remembering, or learning new things; breast lumps or other breast changes; discharge from nipples; or pain, tenderness, or redness in one leg.

You can take steps to decrease the risk that you will develop a serious health problem while you are using transdermal estradiol. Do not use transdermal estradiol alone or with a progestin to prevent heart disease, heart attacks, strokes, or dementia. Use the lowest dose of transdermal estradiol that controls your symptoms and only use transdermal estradiol as long as needed. Talk to your doctor every 3 to 6 months to decide if you should use a lower dose of transdermal estradiol or should stop using the medication.

You should examine your breasts every month and have a mammogram and a breast exam performed by a doctor every year to help detect breast cancer as early as possible. Your doctor will tell you how to properly examine your breasts and whether you should have these exams more often than once a year because of your personal or family medical history.

Tell your doctor if you are having surgery or will be on bedrest. Your doctor may tell you to stop using transdermal estradiol 4 to 6 weeks before the surgery or bedrest to decrease the risk that you will develop blood clots.

Talk to your doctor regularly about the risks and benefits of using transdermal estradiol.

Why is this medicine prescribed?

Transdermal estradiol (Climara[®], Minivelle[®], Vivelle-Dot[®]) is used to treat hot flashes (hot flushes; sudden feelings of mild or intense body heat) in women who are experiencing menopause (change of life; the end of monthly menstrual periods). Transdermal estradiol (Climara[®], Vivelle-Dot[®]) is also used to treat vaginal dryness, itching, and burning in women who are experiencing menopause. Transdermal estradiol (Climara[®], Menostar[®], Minivelle[®], Vivelle-Dot[®]) is also used to prevent osteoporosis (a condition in which the bones become thin and weak and break easily) in women who are experiencing or have experienced menopause. Transdermal estradiol (Climara[®], Vivelle-Dot[®]) is also used as a source of estrogen in women who have not yet experienced menopause and who do not produce enough estrogen naturally. Women whose only bothersome symptoms are vaginal dryness, itching, or burning may benefit more from an estrogen product that is applied topically to the vagina. Women who only need a medication to prevent osteoporosis may benefit more from a different medication that does not contain estrogen. Estradiol is in a class of medications called estrogen hormones. It works by replacing estrogen that is normally produced by the body.

Are there other uses for this medicine?

This medication may be prescribed for other uses; ask your doctor or pharmacist for more information.

How should this medicine be used?

Transdermal estradiol comes as a patch to apply to the skin. Transdermal estradiol is usually applied once or twice a week, depending on the brand of patch that is used. Some women wear a patch all the time, and other women wear a patch according to a rotating schedule that alternates 3 weeks when the patch is worn followed by 1 week when the patch is not worn. Always apply your transdermal patch on the same day(s) of the week every week. There may be a calendar on the inner flap of your medication carton where you can keep track of your patch change schedule. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Use transdermal estradiol exactly as directed. Do not apply more or fewer patches or apply the patches more often than prescribed by your doctor.

Your doctor will probably start you on a low dose of transdermal estradiol and may increase your dose if your symptoms are still bothersome. If you are already taking or using an estrogen medication, your doctor will tell you how to switch from the estrogen medication you are taking or using to transdermal estradiol. Be sure you understand these instructions. Talk to your doctor about how well transdermal estradiol works for you.

You should apply estradiol patches to clean, dry, cool skin in the lower stomach area, below your waistline. Some brands of patches may also be applied to the upper buttocks. Ask your doctor or pharmacist or read the manufacturer's information that comes with your patches to find the best place(s) to apply the brand of patches you have received. Do not apply estradiol patches to the breasts or to skin that is oily, damaged, cut, or irritated. Do not apply estradiol patches to the waistline where they may be rubbed off by tight clothing or to the lower buttocks where they may be rubbed off by sitting. Be sure that the skin in the area where you plan to apply an estradiol patch is free of lotion, powders, or creams. After you apply a patch to a particular area, wait at least 1 week before applying another patch to that spot.

Talk to your doctor or pharmacist or read the manufacturer's information that came with your medication to find out if you need to be careful when you swim, bathe, shower, or use a sauna while wearing an estradiol transdermal patch. Some brands of patches are not likely to be affected by these activities, but some brands of patches may loosen.

If the patch loosens or falls off before it is time to replace it, try to press it back in place with your fingers. Be careful not to touch the sticky side of the patch with your fingers while you are doing this. If the patch cannot be pressed back on, fold it in half so it sticks to itself, dispose of it safely, so that it is out of the reach of children and pets, and apply a fresh patch to a different area. Replace the fresh patch on your next scheduled patch change day.

Each brand of estradiol transdermal patches should be applied following the specific directions given in the manufacturer's information for the patient. Read this information carefully before you start using estradiol transdermal and each time you refill your prescription. Ask your doctor or pharmacist if you have any questions. The following general directions can help you remember some important things to do when you apply any type of estradiol transdermal patch.

1. Tear open the pouch with your fingers. Do not use scissors because they may damage the patch. Do not open the pouch until you are ready to apply the patch.
2. Remove the patch from the pouch. There may be a silver foil sticker used to protect the patch from moisture inside the pouch. Do not remove this sticker from the pouch.
3. Remove the protective liner from the patch and press the sticky side of the patch against your skin in the area you have chosen to wear your patch. Some patches have a liner that is made to peel off in two pieces. If your patch has that type of liner, you should peel off one part of the liner and press that side of the patch against your skin. Then fold back the patch, peel off the other part of the liner and press the second side of the patch against your skin. Always be careful not to touch the sticky side of the patch with your fingers.
4. Press down on the patch with your fingers or palm for 10 seconds. Be sure that the patch is firmly attached to your skin, especially around its edges.
5. Wear the patch all the time until it is time to remove it. When it is time to remove the patch, slowly peel it off of your skin. Fold the patch in half so that the sticky sides are pressed together and dispose of it safely, so that it is out of reach of children and pets.
6. If a sticky substance remains on your skin after you remove the patch, you should wait 15 minutes and then remove the substance using an oil or lotion.

Ask your pharmacist or doctor for a copy of the manufacturer's information for the patient.

What special precautions should I follow?

Before using transdermal estradiol,

- tell your doctor and pharmacist if you are allergic to any brand of transdermal estradiol, any other estrogen products, any other medications, any adhesives, or any of the ingredients in estradiol transdermal patches. Ask your pharmacist for a list of the ingredients.
- tell your doctor and pharmacist what prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking or plan to take while using transdermal estradiol. Your doctor may need to change the doses of your medications or monitor you carefully for side effects.

- the following herbal product may interact with transdermal estradiol: St. John's wort. Be sure to let your doctor and pharmacist know that you are taking this medication before you start using transdermal estradiol. Do not start this medication while using transdermal estradiol without discussing with your healthcare provider.
- tell your doctor if you have or have ever had a bleeding disorder; asthma; seizures; migraine headaches; endometriosis (a condition in which the type of tissue that lines the uterus [womb] grows in other areas of the body); uterine fibroids (growths in the uterus that are not cancer); yellowing of the skin or eyes, especially during pregnancy or while you were using an estrogen product; very high or very low levels of calcium in your blood; porphyria (condition in which abnormal substances build up in the blood and cause problems with the skin or nervous system); angioedema (a condition that causes hives, difficulty breathing, and painful swelling of the face, lips, throat, tongue, hands, or feet); or gallbladder, thyroid, pancreas, liver or kidney disease.
- tell your doctor if you are pregnant or plan to become pregnant, or are breast-feeding. If you become pregnant while using transdermal estradiol, call your doctor.
- if you are using transdermal estradiol to prevent osteoporosis, talk to your doctor about additional ways to prevent the disease such as exercising and taking vitamin D and/or calcium supplements.

What special dietary instructions should I follow?

Talk to your doctor about eating grapefruit and drinking grapefruit juice while using this medication.

Talk to your doctor about ways to increase the amount of calcium and vitamin D in your diet.

What should I do if I forget to take a dose?

Apply the missed patch as soon as you remember. Then apply the next patch according to your regular schedule. Do not apply extra patches to make up for a missed patch.

What side effects can this medicine cause?

Transdermal estradiol may cause side effects. Tell your doctor if any of these symptoms are severe or do not go away:

- headache
- breast pain or tenderness
- nausea
- vomiting
- constipation
- gas
- heartburn
- weight gain or loss
- hair loss
- redness or irritation of the skin that was covered by the estradiol patch
- swelling, redness, burning, irritation or itching of the vagina
- vaginal discharge

- painful menstrual periods
- anxiety
- depression
- changes in mood
- change in sexual desire
- back, neck, or muscle pain
- runny nose or congestion
- darkening of skin on face (may not go away even after you stop using transdermal estradiol)
- unwanted hair growth
- difficulty wearing contact lenses
- joint pain

Some side effects can be serious. If you experience any of these symptoms or those listed in the IMPORTANT WARNING section, call your doctor immediately:

- yellowing of the skin or eyes
- loss of appetite
- fever
- stomach tenderness, pain, or swelling
- itching
- hives
- rash, blisters on skin, or other skin changes
- swelling, of the eyes, face, lips, tongue, throat, hands, feet, ankles, or lower legs
- hoarseness
- difficulty breathing or swallowing

Transdermal estradiol may increase your risk of developing cancer of the ovaries and gallbladder disease that may need to be treated with surgery. Talk to your doctor about the risks of using transdermal estradiol.

Transdermal estradiol may cause growth to slow or stop early in children who use large doses for a long time. Your child's doctor will monitor her carefully during her treatment with transdermal estradiol. Talk to your child's doctor about the risks of giving this medication to your child.

Transdermal estradiol may cause other side effects. Call your doctor if you have any unusual problems while using this medication.

If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program online (<https://www.fda.gov/Safety/MedWatch>) or by phone (1-800-332-1088).

What should I know about storage and disposal of this medication?

Keep estradiol patches sealed in their original pouches and out of reach of children. Store the patches at room temperature and away from excess heat and moisture (not in the bathroom).

Dispose of unneeded medications in a way so that pets, children, and other people cannot take them. Do not flush this medication down the toilet. Use a medicine take-back program. Talk to your pharmacist about take-back programs in your community. Visit the FDA's Safe

Disposal of Medicines website <https://goo.gl/c4Rm4p> (<https://goo.gl/c4Rm4p>) for more information.

Keep all medication out of sight and reach of children as many containers are not child-resistant. Always lock safety caps. Place the medication in a safe location – one that is up and away and out of their sight and reach. <https://www.upandaway.org> (<https://www.upandaway.org/>)

What should I do in case of overdose?

If you wear too many patches, or wear patches for too long, too much estrogen may be absorbed into your bloodstream. In that case, you may experience symptoms of an overdose.

In case of overdose, remove the patches from the skin and call your local poison control center at 1-800-222-1222. Information is also available online at <https://www.poisonhelp.org/help> (<https://www.poisonhelp.org/help>). If the victim has collapsed, had a seizure, has trouble breathing, or can't be awakened, immediately call emergency services at 911.

Symptoms of overdose may include:

- nausea
- vomiting
- vaginal bleeding
- breast tenderness
- abdominal pain
- drowsiness or fatigue

What other information should I know?

Keep all appointments with your doctor and the laboratory. You should have a complete physical exam, including a pelvic exam, at least yearly. Your doctor may order certain lab tests to check your body's response to transdermal estradiol.

Before having any laboratory test, tell your doctor and the laboratory personnel that you are using transdermal estradiol.

Do not let anyone else use your medication. Ask your pharmacist any questions you have about refilling your prescription.

Keep a written list of all of the prescription and nonprescription (over-the-counter) medicines, vitamins, minerals, and dietary supplements you are taking. Bring this list with you each time you visit a doctor or if you are admitted to the hospital. You should carry the list with you in case of emergencies.

Brand name(s)

- Alora[®] ¶
- Climara[®]
- Esclim[®] ¶
- Estraderm[®] ¶
- FemPatch[®] ¶

- Menostar[®]
- Minivelle[®]
- Vivelle[®]¶
- Vivelle-Dot[®]

Other name(s)

- Estrogen replacement therapy
- ERT

¶ This branded product is no longer on the market. Generic alternatives may be available.

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Estrogen and Progestin (Hormone Replacement Therapy)

Important warning:

Combination hormone replacement therapy (estrogen and progestin) may increase the risk of heart attack, stroke, blood clots in the lungs and legs, and breast cancer. Tell your doctor if you smoke and if you have or have ever had a breast lump; breast cancer; a heart attack; a stroke; blood clots or blood clotting problems; high blood pressure; high blood levels of cholesterol or fats; lupus (an autoimmune disease in which the immune system attacks healthy parts of the body such as joints, skin, blood vessels, and organs); or diabetes. If you are having surgery or will be on bedrest, talk to your doctor about stopping estrogen and progestin at least 4 to 6 weeks before the surgery or bedrest.

If you experience any of the following side effects, call your doctor immediately or get emergency medical treatment: sudden, severe headache; sudden, severe vomiting; sudden partial or complete loss of vision; speech problems; dizziness or faintness; weakness or numbness of an arm or a leg; a lump in your breast; crushing chest pain or chest heaviness; coughing up blood; sudden shortness of breath; or calf pain.

Combination hormone replacement therapy also may increase the risk of dementia (decrease in thinking, remembering, and reasoning).

Talk to your doctor about the risks and benefits of taking estrogen and progestin.

Why is this medicine prescribed?

Combinations of estrogen and progestin are used to treat certain symptoms of menopause. Estrogen also prevents thinning of the bones (osteoporosis) in menopausal women. Your doctor will select the product that is best to treat your condition. Estrogen and progestin are two female sex hormones. Hormone replacement therapy works by replacing estrogen hormone that is no longer being made by the body. Estrogen reduces feelings of warmth in the upper body and periods of sweating and heat (hot flashes), vaginal symptoms (itching, burning, and dryness) and difficulty with urination. Progestin is added to estrogen in hormone replacement therapy to reduce the risk of uterine cancer in women who still have their uterus.

Are there other uses for this medicine?

This medication may be prescribed for other uses; ask your doctor or pharmacist for more information.

How should this medicine be used?

Hormone replacement therapy comes as a tablet or capsule to take by mouth. It is usually taken once a day. To help you remember to take hormone replacement therapy, take it around the same time every day. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Take this medication exactly as directed. Do not take more or less of it or take it more often than prescribed by your doctor. Do not stop taking this medication without talking to your doctor.

Activella[®], Angeliq[®], FemHrt[®], Jinteli[®], Mimvey[®], and Prempro[®] come as tablets and Bijuva[®] comes as a capsule containing estrogen and progestin. Take one tablet or capsule every day.

Premphase[®] comes in a dispenser containing 28 tablets. Take one maroon tablet (containing only estrogen) once daily on days 1 to 14, and take one light-blue tablet (containing estrogen and progestin) once daily on days 15 to 28. Begin a new dispenser the day after you finish the last one.

Ask your pharmacist or doctor for a copy of the manufacturer's information for the patient.

What special precautions should I follow?

Before taking hormone replacement therapy,

- tell your doctor or pharmacist if you are allergic to this drug, any part of this drug, or any other drugs, foods or substances. Tell your doctor or pharmacist about the allergy and what symptoms you had.
- tell your doctor and pharmacist what prescription and nonprescription medications, vitamins, nutritional supplements, and herbal products you are taking or plan to take while taking hormone replacement therapy. Your doctor may need to change the doses of your medications or monitor you carefully for side effects.
- you should know that the following nonprescription or herbal products may interact with estrogen and progestin: St. John's wort. Be sure to let your doctor and pharmacist know that you are taking these medications before you start taking estrogen and progestin. Do not start taking any of these medications while using estrogen and progestin without discussing with your healthcare provider.
- in addition to the conditions listed in the IMPORTANT WARNING section, tell your doctor if you have had unusual vaginal bleeding, any type of cancer, or liver disease. Your doctor may tell you not to take estrogen and progestin.
- tell your doctor if you have had a hysterectomy (surgery to remove your uterus), and if you have or have ever had asthma; epilepsy (seizures); migraine headaches; endometriosis (condition in which tissue similar to the lining of the uterus grows outside the uterus); high levels of calcium in your blood, or gallbladder, thyroid, or kidney disease.
- tell your doctor if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while taking this medication, call your doctor.
- if you are having surgery, including dental surgery, tell the doctor or dentist you are taking hormone replacement therapy.
- tell your doctor if you use tobacco products. Smoking while taking this medication may increase your risk of serious side effects such as blood clots and stroke.

What special dietary instructions should I follow?

Talk to your doctor about eating grapefruit and drinking grapefruit juice while using this medication.

What should I do if I forget to take a dose?

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

What side effects can this medicine cause?

Hormone replacement therapy may cause side effects. Tell your doctor if any of these symptoms are severe or do not go away:

- headache
- upset stomach
- vomiting
- stomach cramps, pain, or bloating
- diarrhea
- appetite and weight changes
- insomnia
- emotional changes or depression
- swelling of hands, feet, or lower legs (fluid retention)
- vaginal bleeding
- pain in the back or pelvic area
- breast pain or tenderness

Some side effects can be serious. The following symptoms are uncommon, but if you experience any of them or those listed in the IMPORTANT WARNING section, call your doctor immediately:

- hives, rash, itching, difficulty breathing or swallowing
- swelling of the face, throat, tongue, lips, and eyes
- changes in vision
- sudden, new severe headaches
- itchy skin, dark urine, yellowing of the skin or eyes, flu-like symptoms pain in the upper right part of your stomach itchy skin, dark urine, yellowing of your skin or eyes, flu-like symptoms pain in the upper right part of your stomach
- unusual vaginal bleeding

Hormone replacement therapy may cause other side effects. Call your doctor if you have any unusual problems while taking this medication.

If you experience a serious side effect, you or your doctor may send a report to the Food and Drug Administration's (FDA) MedWatch Adverse Event Reporting program online (<https://www.fda.gov/Safety/MedWatch>) or by phone (1-800-332-1088).

What should I know about storage and disposal of this medication?

Keep this medication in the container it came in, tightly closed, and out of reach of children. Store it at room temperature and away from heat and moisture (not in the bathroom).

Dispose of unneeded medications in a way so that pets, children, and other people cannot

take them. Do not flush this medication down the toilet. Use a medicine take-back program. Talk to your pharmacist about take-back programs in your community. Visit the FDA's Safe Disposal of Medicines website <https://goo.gl/c4Rm4p> (<https://goo.gl/c4Rm4p>) for more information.

Keep all medication out of sight and reach of children as many containers are not child-resistant. Always lock safety caps. Place the medication in a safe location – one that is up and away and out of their sight and reach. <https://www.upandaway.org> (<https://www.upandaway.org>)

What should I do in case of overdose?

In case of overdose, call the poison control helpline at 1-800-222-1222. Information is also available online at <https://www.poisonhelp.org/help> (<https://www.poisonhelp.org/help>). If the victim has collapsed, had a seizure, has trouble breathing, or can't be awakened, immediately call emergency services at 911.

Symptoms of overdose may include:

- nausea, vomiting, breast tenderness, abdominal pain, drowsiness and fatigue, or vaginal bleeding

What other information should I know?

Keep all appointments with your doctor and the laboratory. You should have a complete physical exam, including blood pressure measurements, breast exams, and a mammogram at least yearly. Follow your doctor's directions for examining your breasts; report any lumps immediately.

If you are taking hormone replacement therapy to treat symptoms of menopause, your doctor will check every 3 to 6 months to see if you still need this medication.

Before you have any laboratory tests, tell the laboratory personnel that you take hormone replacement therapy, because this medication may interfere with some laboratory tests.

Do not let anyone else take your medication. Ask your pharmacist any questions you have about refilling your prescription.

Keep a written list of all of the prescription and nonprescription (over-the-counter) medicines, vitamins, minerals, and dietary supplements you are taking. Bring this list with you each time you visit a doctor or if you are admitted to the hospital. You should carry the list with you in case of emergencies.

Brand name(s)

- Activella[®] (as a combination product containing Estradiol, Norethindrone)
- Angeliq[®] (as a combination product containing Drospirenone, Estradiol)
- Bijuva[®] (as a combination product containing Estradiol, Progesterone)
- Jinteli[®] (as a combination product containing Ethinyl Estradiol, Norethindrone)
- Mimvey[®] (as a combination product containing Estradiol, Norethindrone)
- Premphase[®] (as a combination product containing Conjugated Estrogens, Medroxyprogesterone)

- Prempro[®] (as a combination product containing Conjugated Estrogens, Medroxyprogesterone)
- Fyavolv[®] (as a combination product containing Ethinyl Estradiol, Norethindrone)
- also available generically

Other name(s)

- HRT

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