

Estrogen (continuous)	Progestogen (cyclical)	Brand name examples
<b>low-dose estrogen with cyclical progestogen</b>		
<b>oral low-dose estrogen+progestogen</b>		
estradiol 1 mg (days 1 to 28)	dydrogesterone 10 mg (days 15 to 28)	Femoston 1/10
<b>transdermal low-dose estrogen gel and oral progestogen</b>		
estradiol 0.75 mg (1 pump of 0.06% gel) (days 1 to 28)	micronised progesterone 200 mg for 12 to 14 consecutive days	EstroGel Pro [NB3]
<b>medium-dose estrogen with cyclical progestogen</b>		
<b>oral medium-dose estrogen+progestogen</b>		
estradiol 2 mg (days 1 to 28)	dydrogesterone 10 mg (days 15 to 28)	Femoston 2/10
estradiol 2 mg (days 1 to 22)	norethisterone 1 mg (days 13 to 22)	Trisequens [NB3]
estradiol 1 mg (days 23 to 28)		
<b>transdermal medium-dose estrogen+progestogen patch</b>		
estradiol 50 micrograms/24 hours (days 1 to 28)	norethisterone 140 micrograms/24 hours (days 15 to 28)	Estalis Sequi 50/140 (apply twice weekly)
estradiol 50 micrograms/24 hours (days 1 to 28)	norethisterone 250 micrograms/24 hours (days 15 to 28)	Estalis Sequi 50/250 (apply twice weekly)
<b>transdermal medium-dose estrogen gel and oral progestogen</b>		
estradiol 1.5 mg (2 pumps of 0.06% gel) (days 1 to 28)	micronised progesterone 200 mg for 12 to 14 consecutive days	EstroGel Pro [NB3]
NB1: A progestogen is required to prevent endometrial hyperplasia in individuals with a uterus, including those who have had endometrial ablation or subtotal hysterectomy. Some individuals with significant endometriosis may require a progestogen to prevent stimulation of endometrial deposits and malignant transformation (even if they have had a total hysterectomy); seek specialist advice.		
NB2: This list may not be complete.		
NB3: Not available on the Pharmaceutical Benefits Scheme (PBS) at the time of writing.		
NB4: Micronised progesterone should be taken at night because it can cause drowsiness; this can be beneficial in individuals with sleep disturbance.		