

Estrogen (continuous)	Progestogen (continuous)	Brand name examples
low-dose estrogen with progestogen		
oral low-dose estrogen+progestogen		
estradiol 1 mg	drospirenone 2 mg	Angeliq 1/2 [NB3]
estradiol 1 mg	dydrogesterone 5 mg	Femoston-Conti
estradiol 1 mg	norethisterone 0.5 mg	Kliovance [NB3]
estradiol 1 mg	micronised progesterone 100 mg [NB4]	Bijuva 1/100 [NB3]
transdermal low-dose estrogen gel and oral progestogen		
estradiol 0.75 mg (1 pump of 0.06% gel)	micronised progesterone 100 mg [NB4] [NB5]	EstroGel Pro [NB3]
medium-dose estrogen with progestogen		
oral medium-dose estrogen+progestogen		
estradiol 2 mg	norethisterone 1 mg	Kliogest [NB3]
transdermal medium-dose estrogen+progestogen patch		
estradiol 50 micrograms	norethisterone 140 micrograms/24 hours	Estalis Continuous 50/140 (apply twice weekly)
estradiol 50 micrograms	norethisterone 250 micrograms/24 hours	Estalis Continuous 50/250 (apply twice weekly)
transdermal medium-dose estrogen gel and oral progestogen		
estradiol 1.5 mg (2 pumps of 0.06% gel)	micronised progesterone 100 mg [NB4] [NB5]	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.		
NB5: The Australian product information for EstroGel Pro recommends taking micronised progesterone 100 mg for 25 days out of a 28-day cycle; however, if adherence is an issue, it can be taken daily.		