Systemic Medicinal Products for Hormone Replacement Therapy (HRT)[1-4]

Prescribing Tips and Tools in response to HRT product shortages

Practice points:

- ✓ The decision whether to take hormone replacement therapy (HRT), the dose and duration of its use should be made on an **individualised basis** after discussing the **benefits** and **risks** with each patient.[1]
- ✓ The **transdermal route of administration** should be considered as the preferred route for oestrogen in individuals with risk factors for venous thrombosis or stroke.[1]
- ✓ To maintain continuity of supply for new patients do not initiate transdermal patches that are in short supply. Refer to the *Medicinal Product Shortages* section of the HPRA website, available at: http://www.hpra.ie/homepage/medicines/medicines-information/medicines-shortages

Scenario 1: Oestrogen alone

Individual with hysterectomy currently on an oestrogen alone patch (where supply cannot be maintained)

Step 1: Check for the availability of an alternative oestrogen alone patch
Step 2: Check for the availability of an exempt medicinal product (EMP) alternative patch
IF NO SUPPLY OF A TRANSDERMAL PATCH IS AVAILABLE, CONSIDER ALTERNATIVES BASED ON INDIVIDUAL PATIENT FACTORS USING PATHWAYS OUTLINED BELOW
Consider confirming availability with local pharmacy before prescribing alternatives

Scenario 1: Preferred pathway

Step 3: Change to an alternative oestrogen alone transdermal formulation **(e.g. Divigel® 0.1%, Oestrogel® actuation gel or Lenzetto® transdermal spray)**

Give directions on application

Refer to the table overleaf and the individual Summary of Product Characteristics (SmPC)

Scenario 1: Alternative pathway

Step 3: Assess venous thromboembolism (VTE) and other risk factors, and if appropriate move to step 4
Step 4: Change to an oestrogen alone oral tablet **(e.g. Fematab® or Estrofem®)**

Give directions on use and counsel about increased risk of VTE
Refer to the table overleaf and the individual SmPC

Scenario 2: Continuous combined

Individual with an intact uterus currently on a continuous combined transdermal patch (where supply cannot be maintained)

Step 1: Check for the availability of an EMP alternative patch
IF NO SUPPLY OF A TRANSDERMAL PATCH IS AVAILABLE, CONSIDER ALTERNATIVES BASED ON INDIVIDUAL PATIENT FACTORS USING PATHWAYS OUTLINED BELOW
Consider confirming availability with local pharmacy before prescribing alternatives

Scenario 2: Preferred pathway

Step 2: Change to an alternative oestrogen alone transdermal formulation **(e.g. Divigel® 0.1%, Oestrogel® actuation gel or Lenzetto® transdermal spray)**

AND

Step 3: Add progestogen as:

- Micronised progesterone **(Utrogestan® oral capsule)** 100 mg daily at night*†

Or

- Levonorgestrel intrauterine system (LNG-IUS) 52 mg **(Mirena® IUS)**

Give directions on use
Refer to the table overleaf and the individual SmPC for product information.

*Utrogestan® 100 mg: authorised product is not marketed in Ireland but an EMP alternative is available.

Scenario 2: Alternative pathway

Step 2: Assess VTE and other risk factors, and if appropriate move to step 3
Step 3: Change to a continuous combined HRT oral tablet

Give directions on use and counsel about increased risk of VTE
Refer to the table overleaf and the individual SmPC

†*When using oral progesterone to compliment transdermal oestrogen delivery, ensure that the patient is fully aware of the importance of **compliance** with the progestogen component for safety and to reduce cancer risks.*

- *Continuous use of oral micronised progesterone in this way is not authorised for use in HRT, however micronised progesterone 100 mg (Utrogestan®) is licensed in the UK for use for 25 days per 28-day cycle.*
- *The British Menopause Society (BMS) recommends the use of oral micronised progesterone in this way on a **daily** basis.*[2,3]

Abbreviations: BMS: British Menopause Society; EMP: Exempt medicinal product; HPRA: Health Products Regulatory Authority; HRT: Hormone replacement therapy; LNG-IUS: Levonorgestrel intrauterine system; MMP: Medicines Management Programme; SmPC: Summary of Product Characteristics; VTE: Venous thromboembolism.

References: 1) Hamoda H, Mukherjee A, Morris E et al. Joint position statement by the British Menopause Society, Royal College of Obstetricians and Gynaecologists and Society for Endocrinology on best practice recommendations for the care of women experiencing the menopause. Post Reproductive Health. 2022; 0(0): 1-3. 2) Hamoda H, Panay N, Pedder H et al. The British Menopause Society & Women's Health Concern 2020 recommendations on hormone replacement therapy in menopausal women. Post reproductive health. 2020; 26(4): 181-209. 3)The British Menopause Society (BMS). HRT preparations and equivalent alternatives. (2022). Accessed at: https://thebms.org.uk/wp-content/uploads/2022/03/15-BMS-TfC-HRT-preparations-and-equivalent-alternatives-01D.pdf. 4) Summary of Product Characteristics of individual products. Available at: www.hpra.ie and https://products.mhra.gov.uk. Refer to individual SmPCs for further details.

MMP Version 1.0
September 2022

Systemic Medicinal Products for Hormone Replacement Therapy (HRT)[4]

Product	Formulation	Ingredient(s)	Strength	Pack Size	Code(s)[Ω]	Price[Ω]
Oestrogen alone transdermal formulations						
Estradot® transdermal	transdermal patch	estradiol (as hemihydrate)	37.5 mcg per 24 hours	8	68314	€6.03
Evorel® 50	transdermal patch	estradiol (as hemihydrate)	50 mcg per 24 hours	8	24425	€5.21
Estradot® transdermal	transdermal patch	estradiol (as hemihydrate)	50 mcg per 24 hours	8	57226	€6.47
Estradot® transdermal	transdermal patch	estradiol (as hemihydrate)	75 mcg per 24 hours	8	48323	€7.60
Estradot® transdermal	transdermal patch	estradiol (as hemihydrate)	100 mcg per 24 hours	8	47415	€7.65
Oestrogel® actuation gel	transdermal gel	estradiol (as hemihydrate)	750 mcg per pump actuation (0.06% w/w)	80 g (64-doses)	24550	€5.80
Divigel® 0.1 %	transdermal gel	estradiol (as hemihydrate)	1 mg per sachet (0.1% w/w)	28	21272	€9.33
Lenzetto® transdermal	transdermal spray	estradiol (as hemihydrate)	1.53 mg per spray	6.5 ml (56 sprays)	78085	€8.52
Oestrogen alone oral tablet						
Fematab®	oral tablet	estradiol (as hemihydrate)	1 mg	28	24547	€1.38
Fematab®	oral tablet	estradiol (as hemihydrate)	2 mg	28	24536	€2.80
Estrofem®	oral tablet	estradiol (as hemihydrate)	2 mg	28	23655	€4.52
Premarin®	oral tablet	conjugated oestrogens	0.625 mg	28	62063	€2.69
Premarin®	oral tablet	conjugated oestrogens	1.25 mg	28	62071	€3.18
Progestogen alone oral formulations						
Provera®	oral tablet	medroxyprogesterone acetate[¥]	10 mg	90	43645	€19.32
Duphaston®	oral tablet	dydrogesterone	10 mg	42	22818	€8.81
Utrogestan®*	oral capsule (EMP)	micronised progesterone	100 mg	30	20237	Refer to PCRS circular 40/16 (www.pcrs.ie)
Utrogestan®**	oral capsule (EMP)	micronised progesterone	200 mg	15	20238	
Progestogen alone intrauterine system						
Mirena® IUS	LNG-IUS	levonorgestrel	52 mg	1	33578	€116.50 (5 years)
Sequential (cyclical) HRT oral tablet						
Novofem®	oral tablet	estradiol (as hemihydrate) norethisterone acetate	1 mg estradiol (16 days) 1 mg estradiol/1 mg norethisterone acetate (12 days)	84	15628	€14.77
Trisequens®	oral tablet	estradiol (as hemihydrate) norethisterone acetate	2 mg estradiol (12 days), 2 mg estradiol/1 mg norethisterone acetate (10 days), 1 mg estradiol (6 days)	28	48844	€4.96
Femoston®	oral tablet	estradiol (as hemihydrate) dydrogesterone	1 mg estradiol (14 days) 1 mg estradiol/10 mg dydrogesterone (14 days)	28	34236	€5.82
Femoston®	oral tablet	estradiol (as hemihydrate) dydrogesterone	2 mg estradiol (14 days) 2 mg estradiol/10 mg dydrogesterone (14 days)	28	24143	€5.82
Continuous combined HRT transdermal formulations						
Evorel Conti®	transdermal patch	estradiol (as hemihydrate)/norethisterone acetate	50 mcg estradiol/170 mcg norethisterone acetate per 24 hours	8	24560	€13.54
Continuous combined HRT oral tablet						
Kliogest®	oral tablet	estradiol (as hemihydrate)/norethisterone acetate	2 mg estradiol/1 mg norethisterone acetate	28	31283	€6.21
Activelle®	oral tablet	estradiol (as hemihydrate)/norethisterone acetate	1 mg estradiol/0.5 mg norethisterone acetate	28	10454	€7.57
Angeliq®	oral tablet	estradiol (as hemihydrate)/drospirenone	1 mg estradiol/2 mg drospirenone	84	12463	€39.15
Indivina®	oral tablet	estradiol valerate/medroxyprogesterone acetate	1 mg estradiol valerate/2.5 mg medroxyprogesterone acetate	28 84	29020 29032	€8.31 €24.92
Indivina®	oral tablet	estradiol valerate/medroxyprogesterone acetate	1 mg estradiol valerate/ 5 mg medroxyprogesterone acetate	84	29054	€24.92
Indivina®	oral tablet	estradiol valerate/medroxyprogesterone acetate	2 mg estradiol valerate/ 5 mg medroxyprogesterone acetate	84	29096	€24.92
Femoston Conti®	oral tablet	estradiol (as hemihydrate)/dydrogesterone	0.5 mg estradiol/2.5 mg dydrogesterone	84	36925	€24.40
Femoston Conti®	oral tablet	estradiol (as hemihydrate)/dydrogesterone	1 mg estradiol/5 mg dydrogesterone	28	24164	€7.86

Abbreviations: EMP: Exempt medicinal product; g: grams; HRT: Hormone replacement therapy; IUS: intrauterine system; mg: milligram; mcg: microgram; ml: millilitre; LNG-IUS: levonorgestrel-intrauterine system; PCRS: Primary Care Reimbursement Service. **Note:** all products with a code are available under the Drugs Payment Scheme (maximum of €80 per month)/General Medical Services (€1.50/€1.00 per item) (correct as of September 2022). Costs are correct as of September 2022. Refer to individual Summary of Product Characteristics (www.hpra.ie) and the full *HRT Prescribing guidance in response to product shortages* for further details including local (vaginal) oestrogen preparations. *Authorised product is not marketed in Ireland but an EMP alternative is available. **Not authorised in Ireland but available as an EMP. [Ω]As reimbursement code and price. [¥] Medroxyprogesterone acetate 5 mg available as an EMP (not reimbursed).

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