


THE
Menopause
SUPPORT
GUIDE TO



FAQs about Oestrogen and Progesterone

Oestrogen

How do I apply the oestrogen gel?

Most women are instructed to apply the gel to inner thighs or upper outside of arms. There is some confusion over how to apply it with specialists saying different things, some say apply lightly, others say rub it in. It would appear that women seem to achieve better results when they rub the gel in well.

How much gel do I use? My GP hasn't advised.

Your GP should advise you on how much gel to use as they should with any other medication, please check with them if they have failed to advise you. The usual starting dose is one or two pumps.

Should I take it morning or night?

Again advice differs but many women include it as part of their morning routine.

What are the symptoms if I take too much?

One of the most common symptoms is sore breasts but it's important to say that breast can become tender when you start taking HRT so allow time for this to settle.

Can I apply the gel over sun cream or body lotion?

No, gel should always be applied to clean, dry skin. You can apply body lotion and sun tan cream over gel after two hours.

Can I take it in my hand luggage on a flight?

Yes, you can take the gel in your hand luggage

Is the gel ok in hot temperatures?

Gel should be stored at room temperature 15-30 degrees centigrade.

Are Oestrogel and Estrodose the same product and why are they packaged differently?

The manufacturers assure us that they are exactly the same product and they are packaged differently for different markets around the world.

Progesterone/Utrogestan

What is the correct dosage for Utrogestan-either for perimenopause, post menopause or after hysterectomy?

If perimenopausal Utrogestan should be prescribed for 12 days per 28 day cycle at 2 x 100mg, if postmenopausal it should be 1 x 100mg every night. Women who have had a hysterectomy usually don't need to take progesterone.

Is it normal to bleed when starting Continuous Progesterone?

It is not unusual to have some spotting or a light bleed when commencing continuous progesterone. This should settle within three to six months but should be reported to your GP if it persists.

I'm scared to use it; I've heard it has lots of side effects?

Some women can be very sensitive to Utrogestan so it's worth discussing using it vaginally with your doctor if you are experiencing side effects when taking it orally.

Can I use Utrogestan vaginally? My GP says no or hasn't heard of it being used this way.

Utrogestan is licensed for oral use but medicines are used off licence every day and many menopause experts advise vaginal use to women who are sensitive to the effects of oral oestrogen.