


THE
Menopause
SUPPORT



GUIDE TO

Frequently Asked Questions about Oestrogen and Utrogestan

Oestrogen

1. How do I apply Oestrogen?

Most women are instructed to apply the gel to inner thighs or upper outer arms. For reliable absorption and stability of dose it is recommended that Oestrogen is applied to the skin as a thin layer so that it leaves a sheen which dries in approximately 5-10 minutes.

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

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

3. Should I use Oestrogen in the morning or at night?

Advice differs, but generally speaking, Oestrogen can be used at any time of day, however consistency from day to day is key.

4. What are the symptoms of taking too much?

One of the most common symptoms is tender or painful breasts. However, it is important to be aware that breasts can become tender when starting any HRT so you should allow time for this to settle.

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

No, Oestrogen should be applied to clean, dry skin. You can apply body lotion and sun cream over gel after waiting a minimum of one hour after application.

6. Can I take Oestrogen in my hand luggage on a flight?

Yes, Oestrogen can be carried in hand luggage. More information is available at [Hand luggage restrictions at UK airports: Medicines, medical equipment and dietary requirements - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/hand-luggage-restrictions-at-uk-airports-medicines-medical-equipment-and-dietary-requirements)

7. Is Oestrogel okay in hot temperatures?

There are no specific storage instructions for Oestrogel, therefore it should be stored at room temperature, 15-30 degrees centigrade.

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

Besins, the manufacturer, have assured us that all packaging variations for Oestrogel/dose are exactly the same product and that they are just packaged differently for different markets.

Utrogestan

1. What is the correct dosage for Utrogestan - for peri-menopause, post-menopause and after hysterectomy?

If peri-menopausal, the usual prescription of Utrogestan is 2 x 100mgs capsules for 12-14 days per 28 day cycle.

If post-menopausal, the usual prescription of Utrogestan is 1 x 100mgs capsules every night.

Women who have had a hysterectomy do not usually require progesterone as part of their HRT (unless they have a history of endometriosis).

2. Is it normal to bleed when starting continuous Utrogestan/progesterone?

It is not unusual to have some erratic bleeding when commencing a continuous regimen of HRT. This should settle within 4-6 months but should be reported to your GP if it continues past the initial 4-6 month period.

Erratic bleeding can take the form of spotting, a period, or a flood, if you are at all concerned you should discuss this with your GP.

3. I'm scared to use Utrogestan/progesterone; I've heard it has lots of side effects.

Most women who use Utrogestan have no lasting side effects. If you experience side effects which persist after a few months, it is worth discussing using Utrogestan vaginally with your doctor. Using Utrogestan vaginally eliminates side effects for many women.

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

Utrogestan is licenced for oral use, using it vaginally is 'off licence'. However, many medications are prescribed this way every day. Many menopause experts advise using Utrogestan vaginally to minimise problematic side effects. There is more information in this link [14-BMS-TfC-Progestogens-and-endometrial-protection-01H.pdf \(thebms.org.uk\)](https://www.thebms.org.uk/14-BMS-TfC-Progestogens-and-endometrial-protection-01H.pdf)