

HORMONE THERAPY PRODUCTS IN CANADA

Table 1: Estrogen Products in Canada

Type of Estrogen	Trade Names	Strengths Available	Comments
Oral Estrogen			
conjugated estrogen (CE)	Premarin®	0.3, 0.625, 1.25 mg tablets	One tablet daily
17β estradiol	Estrace®	0.5, 1, 2 mg tablets	One tablet daily
Transdermal Estrogen Patches			
17β estradiol patch	Estradot®	25, 37.5, 50, 75, 100 µg patches	Twice weekly application
	Sandoz Estradiol Derm® (generic)	50, 75, 100 µg patches	Twice weekly application
	Oesclim®	25, 50 µg patches	Twice weekly application
	Climara®	25, 50, 75, 100 µg patches	Once weekly application
Transdermal Estrogen Gel			
17β estradiol gel	Estrogel®	0.75 mg estradiol per 1.25 g metered dose(=one actuation)	Daily application, use in same area (do not rotate sites)
	Divigel®	0.25, 0.5, 1 mg individual packets	Daily application

HORMONE THERAPY PRODUCTS IN CANADA (CONT.)

Table 2: Vaginal Estrogen Products in Canada

Type of Estrogen	Trade Names	Strengths Available	Comments
conjugated estrogen (CE)	Premarin® Vaginal Cream	0.625 mg/gram vaginal cream Refillable applicator	0.5 gm (0.3 mg) vaginally daily for 14 days, then 0.5 gm (0.3 mg) 2 – 3 times weekly
17β estradiol	Vagifem® vaginal inserts	10 µg vaginal tablet with applicator	one tablet vaginally daily for 14 days, then one tablet twice weekly
17β estradiol	Estring® vaginal ring	2 mg/vaginal ring	Inserted every 3 months
estrone	Estragyn® 0.1% vaginal cream	1 mg/gm vaginal cream Refillable applicator	0.5 – 4 gm (0.5 – 4 mg) daily cyclic (3 weeks on, one week off) or 2 – 3 times weekly*

*note: the product monograph for Estragyn® recommends cyclic (three weeks on, one week off) and concomitant progestogen therapy

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Table 3: Progestogen Products in Canada

Type of Progestogen	Trade Names	Strengths Available	Comments
Oral progestogen			
progesterone, micronized	Prometrium®, generics	100 mg capsule	Take at bedtime because of sedating effect. Note: generics may contain peanut oil
medroxyprogesterone acetate	Provera®, generics	2.5, 5, 10 mg tablets	
norethindrone acetate	Norlutate®	5 mg tablets	
Levonorgestrel intrauterine system (IUS)			
levonorgestrel IUS	Mirena®*	52 mg/IUS, for 5 years	Off-label use

*Mirena is the only LNG-IUS marketed in Canada that has evidence for endometrial protection

HORMONE THERAPY PRODUCTS IN CANADA (CONT.)

Table 4: Combination Hormone Therapy Products in Canada

Type	Trade Names	Strengths Available	Comments
Oral Combination Estrogen and Progestogen Products			
17B estradiol/ norethindrone acetate	Activelle®	1 mg estradiol/0.5 mg norethindrone tablet	One tablet daily
	Activelle® LD	LD - 0.5 mg/0.1 mg tablet	
17B estradiol/ drospirenone	Angeliq®	1 mg estradiol/1 mg drospirenone tablet	One tablet daily
Transdermal Combination Estrogen and Progestogen Products			
17B estradiol/ norethindrone acetate	Estalis® patch 140/50	140/50 (50 µg estradiol/140 µg norethindrone) 250/50 (50 µg estradiol/250 µg norethindrone)	Twice weekly application
Tissue Selective Estrogen Complex (TSEC) – Estrogen and selective estrogen receptor modulator (SERM)			
conjugated estrogen (CE)/ bazedoxifene	Duavive®	0.45 mg CE/20 mg bazedoxifene tablet	One tablet daily

Table 5: Suggested Doses in Hormone Therapy Regimens

Type of Product	Starting Doses
Estrogen*	
Oral estrogen: conjugated estrogen (CE) 17β-estradiol oral	0.3 - 0.625 mg tablet daily 0.5 – 1 mg tablet daily
Transdermal estrogen: 17β-estradiol (patch) 17β-estradiol (gel)	25 – 50 µg patches once or twice weekly (see transdermal estrogen products) 1 - 2 metered doses/actuation daily (Estrogel®) 0.5 – 1 mg packets daily (Divigel®)
Progestogen	
Oral progestogens: progesterone micronized medroxyprogesterone acetate	100 mg daily for continuous regimen** 200 mg daily for 12 – 14 days/month for cyclic regimen* 2.5 mg daily continuous regimen* 5 mg cyclic regimen (12 -14 days/month)*
Combined Patches: 17β-estradiol/norethin- drone acetate	50/140 µg continuous regimen twice weekly patch 50/140 µg or 50/250 µg cyclic regimen (i.e., 12 - 14 days/month) twice weekly patch

*higher doses of progestogens will be required when higher estrogen doses are used

**off-label use

NON-HORMONAL MEDICATIONS FOR MENOPAUSE IN CANADA

Table 6: Non-hormonal Medications for Menopausal Vasomotor Symptoms (VMS)

Drug	Trade Names/Strengths Available	Doses	Comments
Serotonin-Norepinephrine Reuptake Inhibitors (SNRI)			
venlafaxine*	Effexor XR®, generics 37.5, 75, 150 mg caps	37.5 mg – 150 mg	Start 37.5 mg daily x 1 week, then increase to 75 mg daily. Taper to discontinue.
desvenlafaxine*	Pristiq®, generic 50, 100 mg tabs	100 - 150 mg daily	Start with 50 mg, then increase to 100 mg over a few days. Taper to discontinue.
Selective Serotonin Reuptake Inhibitors (SSRI)			
paroxetine*	Paxil CR®, generics 12.5, 25 mg tabs	12.5 – 25 mg daily	Taper to discontinue
fluoxetine*	Prozac®, generics 10, 20 mg caps	20 mg daily	
citalopram*	Celexa®, generics 20, 40 mg tabs	20 mg daily	Taper to discontinue.
escitalopram*	Cipralext®, generics 10, 20 mg tabs	10 – 20 mg daily	Taper to discontinue

NON-HORMONAL MEDICATIONS FOR MENOPAUSE IN CANADA (CONT.)

Table 7: Non-hormonal Medications for Menopausal Vasomotor Symptoms (VMS) (CONT.)

Drug	Trade Names/Strengths Available	Doses	Comments
Alpha-adrenergic agonists			
clonidine	generic** 0.025 mg tabs	0.05 mg bid	Some women may require higher doses (ie 0.05 mg tid), but side effects may limit use. Taper slowly to discontinue
Gabapentinoids			
gabapentin*	Neurontin®, generics 100, 300, 400 mg caps 600, 800 mg tabs	Start 300 mg daily, then increase to 300 mg tid at 3 – 4 day intervals***	May take 1 – 2 weeks to see effective dose for VMS
pregabalin*	Lyrica®, generics 25, 50, 75, 100, 150, 200, 225, 300 mg caps	150 – 300 mg daily	Less well studied in menopause

*off-label use (not approved by Health Canada for this indication)

**Dixarit® tablets have been discontinued

***doses of 2,400 mg of gabapentin have been used in one study but were associated with more side effects