



## Transdermal HRT - Information Leaflet

Transdermal (TD) HRT means that the hormones are absorbed through the skin and into the blood stream, therefore avoiding first pass metabolism. TD HRT can be either oestrogen only or combined oestrogen and progestogen.

A common combination of HRT is the use of transdermal oestrogen and oral progesterone/progestogen. A 52mg IUS (commonly called a hormonal coil) can be used for endometrial protection as part of HRT, contraception and period control and is a useful tool, particularly in perimenopause.

The main types of TD HRT are gel, patches and spray. Which option is chosen is dependent on patient choice, and whether the method controls menopausal symptoms such as night sweats and hot flushes.

Gels and sprays are applied daily, whereas patches are changed once or twice a week, dependant of brand. Correct application is highlighted in the medication summary of characteristic (SPC) that comes in the box with the medication and should also be discussed in your initial HRT consultation.

The doses of all TD HRT options can be adjusted up to a maximum licensed dose, depending on symptom control. Each type of TD HRT is absorbed slightly differently by the body, so the maximum dose of a patch may not be equivalent to the maximum dose of the gel or spray options.

Any adjustment of HRT needs to be discussed with a healthcare professional to make sure that it is safe and the womb has adequate protection from hyperplasia (cell changes that may be pre-cancerous).