



BHRT Dosing Guidelines (Females)

PMS

Progesterone – Oral

- Ref #42: 300mg XR
½ tablet daily at bedtime on Days 1-10, then 1 tablet BID-QID on Day 11-until start of menstruation

Progesterone – Topical

- Ref #39: 30-40mg transdermal
- Ref #43: 20-40mg cream – Start using once a day on Day 12 until 2 weeks prior to period, and then BID-TID during week prior to period

Premenopausal

Bi-est – Topical

- Ref #42: (80:20) 0.375mg/mL plus progesterone cream 40mg/mL –Apply 1 mL to thin-skinned area daily at bedtime

Progesterone – Oral

- Ref #22,23: 200mg/day

Progesterone – Vaginal

- Ref #22: 400mg vaginal pessary/suppository
- Ref #23: 300-600mg/day over 2-3 doses
- Ref #23: 45-90mg/day sustained-release
- Ref #42: 30-40mg/mL – Apply 0.5mL to thin-skinned area on Days 1-10, and then 1mL QD on a different thin-skinned site Days 11-28

Testosterone – Oral

- Ref #42: 4mg in oil – Take 1 capsule QD

Testosterone – Topical

- Ref #30: 150 or 300mcg/day transdermal

Perimenopausal

DHEA – Oral

- Ref #34: 50mg/day

Postmenopausal

Estradiol - Oral

- Ref #1,4,5,6,7,8,41: 2mg/day micronized estradiol
- Ref #3,41: 1mg/day micronized estradiol on 1st-25th day of each month
- Ref #31: 50mg every 3 months
- Ref #36: 0.7-1.05mg/day
- Ref #38: 0.5mg/day

Estradiol – Topical

- Ref #2: 0.050mg/day continuous transdermal estradiol (surgical menopause)
- Ref #5: 1.5mg transdermal
- Ref #6: 1g transdermal gel
- Ref #7: 0.1mg twice weekly transdermal
- Ref #41,44: 0.5-2.5mg/day gel once a day in the morning on 1st-25th day of each month

Estradiol – Vaginal

- Ref #28: 0.125mg and 0.5mg daily

Estriol – Oral

- Ref #9,10,11,12,13,14,15,16,17,18: 2-8mg/day
- Ref #40: 0.5-5.0mg/day

Estriol – Vaginal

- Ref #19,44: 0.5mg vaginal cream once each night for 2 weeks
- Ref #42: 1mg vaginal suppository – Insert 1 suppository vaginally daily at bedtime for 3 days, then twice weekly at bedtime
- Ref #28: 0.5mg daily

Bi-est (80:20) or (90:10) – Oral

- Ref #40,41,42: 1.25, 2.5, 5.0mg on 1st-25th day of each month

Bi-est – Transdermal

- Ref #41: (50:50) 0.5-3mg/day in the morning on 1st-25th day of each month
- Ref #41: (80:20) 0.1-1.2mg/day in the morning on 1st-25th day of each month

Tri-est (80:10:10) – Oral

- Ref #40: 1.25, 2.5, 5.0mg
- Ref #41: 2-8mg/day in the morning on 1st-25th day of each month

Tri-est (80:10:10) – Vaginal

- Ref #41: 0.1-0.6mg/day at bedtime on 1st-25th day of each month

Progesterone – Oral

- Ref #20,36: 300mg/day at bedtime 10 days a month (for regular monthly bleeding)
- Ref #20,21,36: 200mg/day 14 days a month (to remain amenorrheic)
- Ref #20: 100mg/day 25 days a month (to remain amenorrheic)
- Ref #25: 100mg/day for 1st 23 days of each month
- Ref #26,41: 50-200mg/day micronized progesterone on 1st-25th day of each month
- Ref #27,42: 400mg/day micronized progesterone
- Ref #44: 100-200mg QD-BID for at least 2 weeks a month

Progesterone – Topical

- Ref #24,40,42: 20mg/day cream – Apply 20mg to thin-skinned area daily at bedtime
- Ref #43,44: 20-40mg cream QD-BID on Days 12-26 to thin-skinned area
- Ref #38: 100mg micronized progesterone vaginally
- Ref #41: 100-400mg/day on 1st-25th day of each month
- Ref #44: ¼ - ½ tsp of 2% progesterone cream

Progesterone – Vaginal

- Ref #28: 25mg and 50mg daily

Testosterone – Topical

- Ref #29,37: 150 or 300mcg/day transdermal
- Ref #31: 50mg implants every 3 months
- Ref #41: 2.5-10mg/day liposomal gel

Testosterone – Vaginal

- Ref #44: 1-2mg natural testosterone in a cream base 2-3 times a week
- Ref #28: 0.25mg and 0.5mg daily

DHEA – Oral

- Ref #33: 25-50mg/day
- Ref #35: 100mg/day
- Ref #41,44: 5-30mg/day

DHEA – Topical

- Ref #32,41: 10% cream (3-6g) once daily in the morning

DHEA - Vaginal

- Ref #28: 1.25mg and 50mg daily

Pregnenolone – Oral

- Ref #44: 25-200mg QD

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