

Oestradiol HRT starting doses and approximate conversions

Starting doses:

Tablets: 2mg

increase in 2mg increments (or by 1mg if levels only just out of range)

Patches: 50 microgram patch twice a week

increase in 50 microgram increments (or by 25 micrograms if levels only just out of range)

Sandrena gel: 0.5mg

increase to 1mg, then by 1mg increments (or by 0.5mg if levels only just out of range)

Once established on treatment if wishing to switch therapy

Approximate conversions:

tablets 2mg = patches 50 micrograms = gel 1mg

tablets 4mg = patches 100 micrograms = gel 2mg

tablets 6mg = patches 150 micrograms = gel 3mg

tablets 8mg = patches 200 micrograms = gel 4mg

After changing between any medicines above, blood tests should be performed 8 weeks later, for: oestradiol, testosterone, prolactin, liver function (as per the GIC shared care guidelines)

Blood test timings:

Tablet: Bloods should be taken between 4-6 hours after the tablets have been taken altogether in the morning.

Gel: Bloods should be taken between 4-6 hours after the gel has been applied to the skin

Patch: Bloods should be taken 48-72 hours after the patch has been applied to the skin

Please send all results through to GIC for advice on dose titration: gic.endocrine@nhs.net

Testosterone HRT starting doses and approximate conversions

Starting doses:

Sustanon/enantate: 250mg intramuscular injection every 28 days:

adjust dose/interval according to trough and peak levels with 4th injection.

dose adjusted by 50mg increments; intervals by one week (or by 3-4 days if levels only just out of range)

Testogel pump: 2 squirts of the pump (40.5mg)

adjust dose by 1 squirt up or down according to levels

Tostran pump: (as directed per individual patient plan)

adjust dose by 1 squirt up or down according to patient plan

Nebido: as per the loading protocol.

Once established on treatment if wishing to switch therapy

Approximate conversions:

Sustanon = Testogel pump 2 squirts (40.5mg) or Tostran gel 4 squirts (40mg)

Sustanon = Nebido as per loading protocol

Nebido switch to Sustanon or gel: wait until testosterone level falls below 15 nmol/L and then start either Sustanon 250mg every 21 days, or Testogel pump 2 squirts per day, or Tostran 2% gel 4 squirts per day.

Note: If a patient has previously been on Sustanon or Nebido and they are switching back to either of these, they should restart at the dose/frequency they were previously on.

Monitoring blood tests should be performed after switching therapy, for:
testosterone, FBC, LFTs and fasting lipids (as per the GIC shared care guideline)

Blood test timings:

Gel: Bloods should be performed 8 weeks after starting/switching. Bloods to be drawn 4-6 hours after the gel has been applied to the skin

Sustanon: blood tests at the 4th injection (trough and peak):

Trough: Just before the 4th Sustanon injection: testosterone, FBC, LFTs, fasting lipids

Peak: one week after injection: testosterone

Nebido: follow loading protocol

Trough: after the loading phase, just before the first 12 week interval injection: testosterone, FBC, LFTs, lipids

To note, no peak testosterone is needed for Nebido

Please send all results through to GIC for advice on dose titration: gic.endocrine@nhs.net