

Estradiol Equivalent doses:

Calculating equivalent doses of Estradiol is not exact due to differing absorption and metabolism of Estradiol by each individual. All of these doses are approximate and this is a rough outline.

This should be used in conjunction with other information on hormones including the following documents:

- Information about hormone regimens
- Initiating Feminising Hormone treatment

Points to consider when switching doses of Estradiol:

- Transdermal Estradiol should be first line option for patients due to the risk of VTE with oral estradiol
- We would advise to switch to a lower dose, recheck levels and blood pressure as per our prescribing guidance then increase if appropriate.

Patch	Half a 25 mcg patch	25 mcg patch	50 mcg patch	75mcg patch	100mcg patch
Gel – pump (Oestrogel)	½ pump	1 pump	2 pumps	3 pumps	4 pumps
Gel – sachet (Sandrena)	½ of 0.5mg sachet	0.5mg sachet	1mg sachet	1.5mg sachet	2mg sachet
Spray (Lenzetto)	-	1-2 sprays	2-3 sprays	>3 sprays	>4 sprays
Oral Estradiol	0.5mg	1mg	1-2mg	2-3mg	3-4mg