



Dosing Guidelines for Starting BHRT:

Still menstruating female:

CC: PMS, Headaches, Periods coming early

TX Option 1: Progesterone 4% Cream #15ml

Sig: Apply 0.5ml topically BID on days 12 through 26 of cycle

TX Option 2: Progesterone 100mg SR Capsules #15

Sig: Take 1 Capsule PO QHS on days 12 through 26 of cycle

Post-Menopausal/Post-Hysterectomy:

Progesterone Dosing:

CC: Bloating, Breast tenderness, Headache

TX Option 1: Progesterone 4% Cream #30ml

Sig: Apply 0.5ml topically BID. Take Sundays off.

CC: Difficulty Sleeping

TX Option 2: Progesterone 100mg SR Capsules #30

Sig: Take 1 Capsule PO QHS

CC: Moodiness, Depression, Anxiety

TX Option 3: Progesterone 50mg SR Capsules #60

Sig: Take 1 Capsule PO BID

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CC: Difficulty Sleeping and Moodiness, Depression, Anxiety

TX Option 4: Progesterone 50mg SR Capsules #90

Sig: Take 1 Capsule PO QAM and 2 Capsules PO QHS

Estrogen Dosing:

CC: Hot Flashes, Night Sweats

TX Option 1: Bi-Est Cream or Capsule (Patient Preference)

Strengths Depending on Symptom Severity and Previous Hormone Use:

(80/20) 0.312mg

(80/20) 0.625mg

(80/20) 1.25mg

Sig: 1 Capsule PO BID or 0.25-0.5ml Topically BID

CC: Vaginal Dryness

TX Option 1: Estriol 0.05% Vaginal Cream #60gms

Sig: Use 1-3gm vaginally QHS x 7-10 nights then PRN to control symptoms (usually 1-3 times per week)

Testosterone Dosing:

CC: Low Libido and levels show a low free testosterone, Low energy, Low good sense of well-being

TX Option 1: Testosterone 1% Cream #6ml

Sig: Apply 0.1-0.2ml (1-2mg) topically QAM

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