CANADIAN MENOPAUSE SOCIETY
SOCIÉTÉ CANADIENNE DE MÉNOPAUSE

Menopausal Hormone Therapy (MHT) Products in Canada

Estrogen Products in Canada

Type of Estrogen	Trade Names	Strengths Available	Starting Doses
Oral Estrogen*			
conjugated estrogen (CE) 17β estradiol	Premarin® generics	0.3, 0.625, 1.25 mg tablets 0.5, 1, 2 mg tablets	0.3 – 0.625 mg daily 0.5 – 1 mg daily
Transdermal Estrogen Patches			
17β estradiol patch	Estradot®, generics Sandoz Estradiol Derm® (generic) Climara®	25, 37.5, 50, 75, 100 µg patches 50, 75, 100 µg patches 25, 50, 75, 100 µg patches	25 – 50 µg twice weekly 25 – 50 µg twice weekly 25 – 50 µg once weekly
Transdermal Estrogen Gel			
17β estradiol gel	Estrogel® Divigel®	0.75 mg estradiol per 1.25 g metered dose (= one actuation) 0.25, 0.5, 1 mg individual packets	1 – 2 pumps daily, use in same area (do not rotate sites) 0.5 – 1 mg daily

Progestogen Products in Canada

Type of Progestogen	Trade Names	Strengths Available	Starting Doses
Oral Progestogen*			
progesterone, micronized	Prometrium®, generics	100 mg capsule	100 mg daily for continuous regimen*,** 200 mg daily for 12 – 14 days/month cyclic regimen*
medroxyprogesterone acetate	Provera®, generics	2.5, 5, 10 mg tablets	2.5 mg daily continuous regimen* 5 mg cyclic regimen (12 -14 days/month)*
norethindrone acetate	Norlutate®	5 mg tablets	5 mg daily
Levonorgestrel Intrauterine System (IUS)			
levonorgestrel IUS	Mirena®****	52 mg/IUS, for 5 years****	Off-label use

*higher does of progestogens will be required when higher estrogen doses are used
**off-label use
***Mirena is the only LNG-IUS marketed in Canada that has evidence for endometrial protection, there is limited data for Kyleena at this time.
**** Mirena is indicated up to 8 years for contraception however currently available data for endometrial protection is up to 5 years.

Combination MHT Products in Canada

Type	Trade Names	Strengths Available	Starting Doses
Oral Combination Estrogen and Progestogen products			
17β estradiol/ norethindrone acetate (NETA)	Activelle® Activelle® LD	1 mg estradiol/0.5 mg NETA LD - 0.5 mg/0.1 mg tablet	One tablet daily
17β estradiol/ drospirenone	Angeliq®	1 mg estradiol/1 mg drospirenone tablet	One tablet daily
17β estradiol/ micronized progesterone	Bijuva®	1 mg estradiol/100 mg progesterone capsule	One capsule daily
Transdermal Combination Estrogen and Progestogen Products			
17β estradiol/ norethindrone acetate (NETA)	Estalis® patch 140/50	140/50 (50 µg estradiol/140 µg NETA) 250/50 (50 µg estradiol/250 µg NETA)	50/140 µg continuous regimen twice weekly

MHT Products Which Do Not Require Progestin

Type	Trade Names	Strengths Available	Starting Doses
Tissue Selective Estrogen Complex (TSEC) – Estrogen and selective estrogen receptor modulator (SERM)			
conjugated estrogen (CE)/ bazedoxifene	Duavive®	0.45 mg CE/20 mg bazedoxifene tablet	One tablet daily
Selective Tissue Estrogenic Activity Regulator (STEAR)			
tibolone	Tibella®	2.5 mg tablet	One tablet daily

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Pharmacologic Options for GSM

Type	Trade Names	Strengths Available	Starting Doses
Vaginal estrogen therapy			
conjugated estrogen (CE)	Premarin® Vaginal Cream	0.625 mg/gram vaginal cream Refillable applicator	0.5 gm (0.3 mg) vaginally daily for 14 days, then 0.5 gm (0.3 mg) 2 – 3 times weekly
17β estradiol	Vagifem® vaginal inserts	10 µg vaginal tablet with applicator	one tablet vaginally daily for 14 days, then one tablet twice weekly
17β estradiol	Imvexxy ®vaginal ovules	4µg, 10µg vaginal ovules	One ovule vaginally daily x 14 days, then twice weekly
17β estradiol	Estring® vaginal ring	2 mg/vaginal ring	Inserted every 3 months
estrone	Estragyn® 0.1% vaginal cream	1 mg/gm vaginal cream Refillable applicator	0.5 – 4 gm (0.5 – 4 mg) daily cyclic (3 weeks on, one week off) or 2 – 3 times weekly*
Intravaginal Dehydroepindrosterone (DHEA)			
prasterone	Intrarosa® vaginal ovules	6.5 mg ovule	One ovule inserted daily
Oral selective estrogen receptor modulator (SERM)			
Ospemifene	Osphena® oral tablets	60 mg tablet	One tablet daily by mouth

*note: the product monograph for Estragyn® recommends cyclic (three weeks on, one week off) and concomitant progestogen therapy

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Non-Hormonal Medications for Menopause in Canada

Non-hormonal Medications for Menopausal Vasomotor Symptoms (VMS)

Drug	Trade names/ Strengths Available	Dose Range	Comments
Serotonin-Norepinephrine Reuptake Inhibitors (SNRI)			
venlafaxine*	Effexor XR®, generics 37.5, 75, 150 mg caps	37.5 mg – 150 mg	Start 37.5 mg daily x 1 week, then increase to 75 mg daily. Taper to discontinue.
desvenlafaxine*	Pristiq®, generic 50, 100 mg tabs	100 - 150 mg daily	Start with 50 mg, then increase to 100 mg over a few days. Taper to discontinue.
Selective Serotonin Reuptake Inhibitors (SSRI)			
paroxetine*	Paxil CR®, generics 12.5, 25 mg tabs	12.5 – 25 mg daily	Taper to discontinue
citalopram*	Celexa®, generics 20, 40 mg tabs	20 mg daily	Taper to discontinue
escitalopram*	Cipralex®, generics 10, 20 mg tabs	10 – 20 mg daily	Taper to discontinue
Alpha-adrenergic agonists			
clonidine**	generic 0.025 mg tabs	0.05 mg bid	Some women may require higher doses (ie 0.05 mg tid), but side effects may limit use. Taper slowly to discontinue. Not recommend by the NAMS non-hormonal position statement 2023.
Gabapentinoids			
gabapentin*	Neurontin®, generics 100, 300, 400 mg caps 600, 800 mg tabs	Start 300 mg daily, then increase to 300 mg tid at 3 – 4 day intervals***	May take 1 – 2 weeks to see effective dose for VMS.
pregabalin*,**	Lyrica®, generics 25, 50, 75, 100, 150, 200, 225, 300 mg caps	150 – 300 mg daily	Less well studied in menopause, not recommend by the NAMS non-hormonal position statement 2023.
Anticholinergic Agent			
oxybutynin*	Generic 2.5, 5 mg tabs	2.5 – 5 mg twice daily	Reductions in VMS also demonstrated with 15 mg extended-release daily dose; this dose is not currently available in Canada
NK-3 Receptor Antagonist			
fezolinetant	Veozah®	45 mg daily	Recently approved by Health Canada

* off-label use (not approved by Health Canada for this indication)

clonidine and pregabalin are not recommended by The Menopause Society (previously NAMS) Non-hormonal Position Statement 2023 as there are more effective agents with fewer side effects. Menopause 2023;30**(6):573-590

***gabapentin can also be used as a nightly dose to help with sleep. It is recommended to start with 300 mg nightly and increase in increments of 100 mg to doses of 600 – 900 mg nightly.