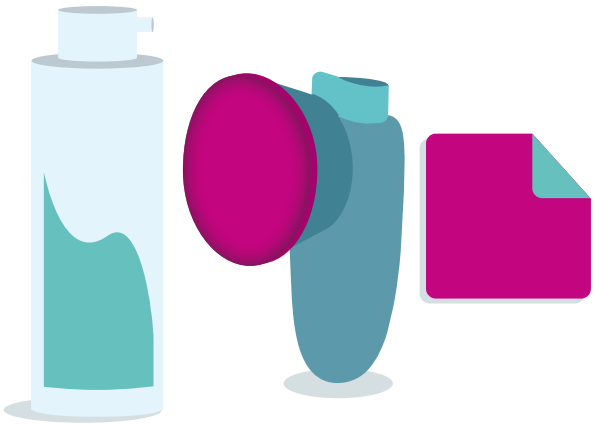
HOW TO USE SEQUENTIAL HRT

Bristol Menopause Research Group

Your HRT has two hormones:

- **OESTROGEN – Helps your menopause symptoms.**

  Your oestrogen will be a gel, spray or patch.



- **PROGESTOGEN – Protects the lining of your womb.**

  Some women have micronised progestogen (eg Utrogestan or Gepretix). This is a capsule that you take at night on an empty stomach. It is usually swallowed but some women are advised to put it in their vagina.

  Some women have a different progestogen (eg Provera or Nalvee) that can be taken earlier in the day.



If you have had a period within the last year, you should take:



Oestrogen every day



Progestogen just for two weeks of every month.

How to start

If you are still having periods, start your HRT on the first day of your period.

WEEKS 1–2

Use your **Oestrogen** only

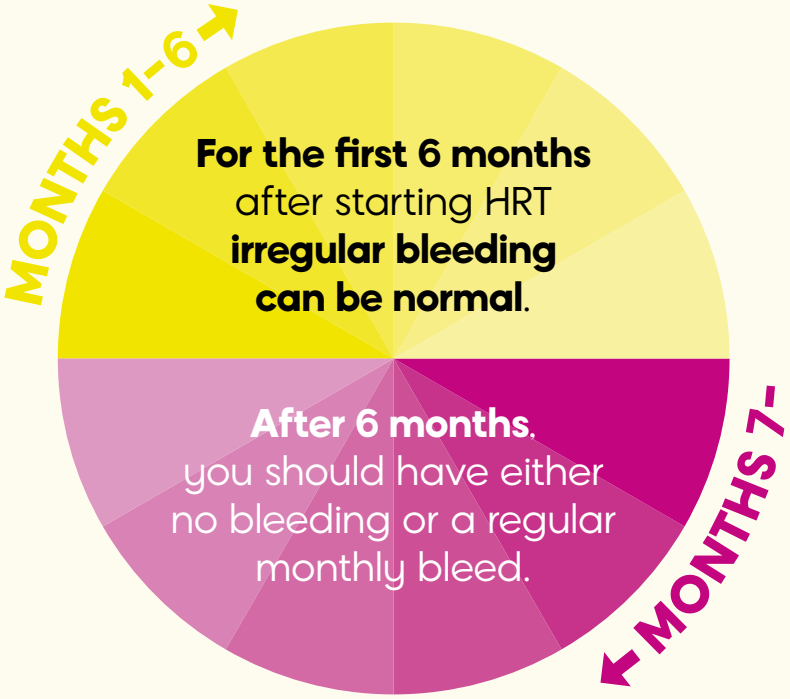
WEEKS 3–4

Use your **oestrogen** **and** your **progestogen**

Then start again without taking a break.

Stick to this pattern even if you have irregular bleeding.

Bleeding pattern



Contact your GP if you have heavy* bleeding or your bleeding lasts more than 7 days, or if you still have irregular bleeding after 6 months.

*__Heavy bleeding__ is changing your towel or tampon more often than every two hours or passing clots bigger than a 50p piece.

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