PIPADOR REVISION

MRCOG Part 1 Revision Notes

HRT

PHARMACOLOGY • LECTURE 389

VISUAL EXAMINATION REVISION NOTES

2026 Edition

389

MRCOG PART 1 REVISION NOTES | PHARMACOLOGY

HRT

HRT preparations and regimens, benefits, risks, contraindications and special situations

Transdermal	Combined HRT	POI	Vaginal oestrogen
No ↑ VTE	Small ↑ breast cancer risk	HRT until ≈ 51	GSM — any age

■ KEY FACTS: Learning objectives

- Describe HRT preparations, regimens and routes.
- Describe benefits, risks and contraindications (NICE NG23).
- Describe HRT in special situations (POI, surgical menopause, breast cancer survivors).

389.1 Regimens

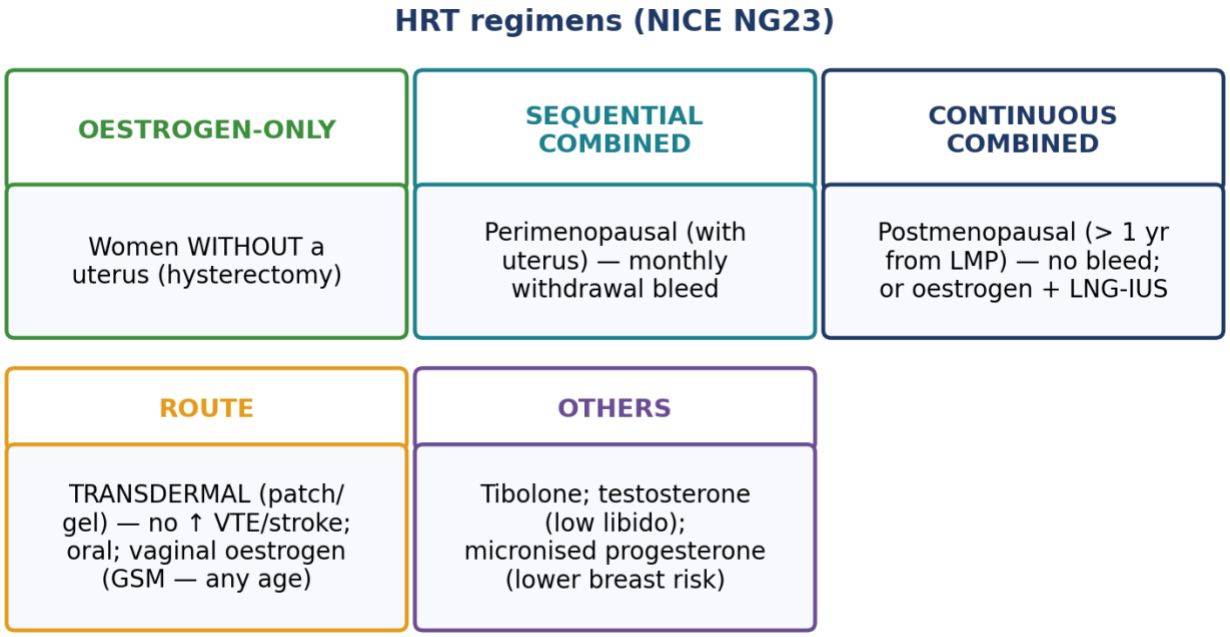


Figure 389.1 — HRT regimens

Component	Options
Oestrogen	Oral oestradiol, transdermal patch/gel/spray, vaginal (cream, tablet, ring), implant (rare)
Progestogen (if uterus)	Micronised progesterone (Utrogestan — lower VTE/breast risk), dydrogesterone, norethisterone, LNG-IUS (also contraception)
Others	• Tibolone (synthetic steroid — ↑ stroke > 60) • Testosterone gel (low libido) • Non-hormonal: SSRIs/SNRIs, gabapentin, clonidine • Fezolinetant (NK3 antagonist), CBT

389.2 Benefits and risks

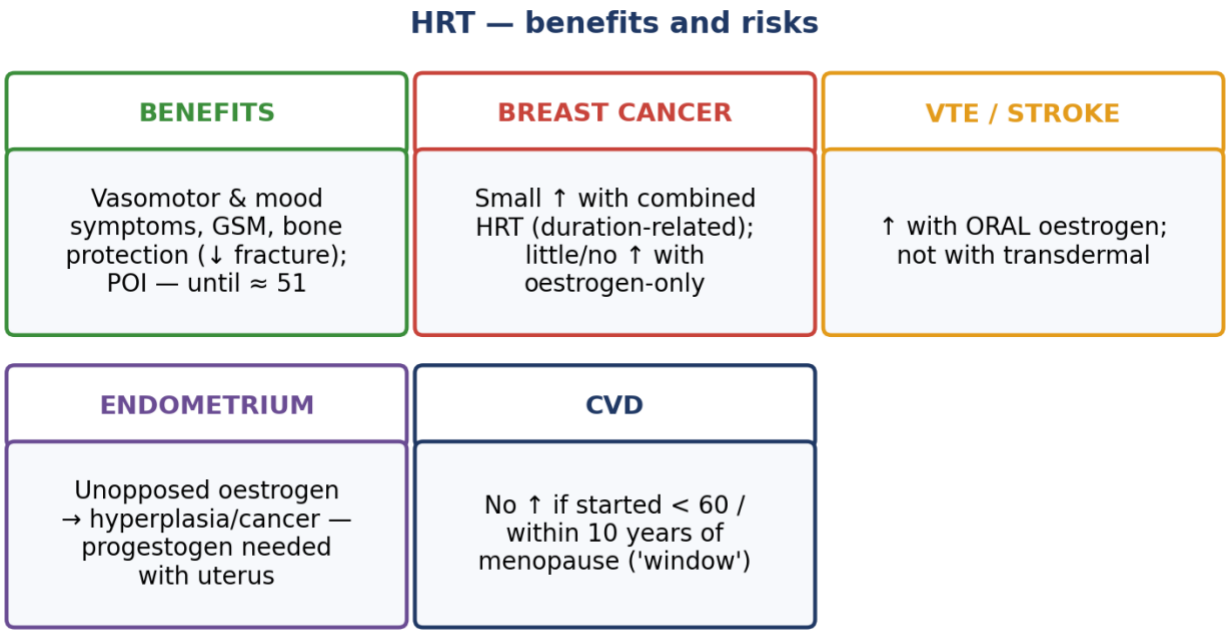


Figure 389.2 — Benefits and risks

- **Contraindications**: current/suspected breast or oestrogen-dependent cancer
  - Undiagnosed vaginal bleeding
  - Active VTE (transdermal may be considered with specialist input)
  - Active liver disease
  - Untreated endometrial hyperplasia.
- **POI** (< 40) and early menopause: HRT (or COC) recommended until average menopause age — benefits outweigh risks.
- Unscheduled bleeding > 3–6 months on HRT or postmenopausal bleeding → investigate (TVS/biopsy).
- Contraception still needed until 1 year (> 50) or 2 years (< 50) after LMP — HRT is not contraceptive.

389.3 Must-know summary

■ EXAM TIP

- Oestrogen-only (no uterus); sequential (peri-); continuous combined (post-).
- Transdermal avoids ↑ VTE/stroke; combined HRT small duration-related ↑ breast cancer.
- Progestogen needed with uterus (endometrial protection).
- POI: HRT until ≈ 51; vaginal oestrogen for GSM at any age.

■ MNEMONIC / MEMORY AID

HRT choice — 'Uterus? Add Progestogen. Clots? Choose Patches'.