



## Estradiol

### **What is this medication for?**

- Post-menopause, women typically have decreased estrogen synthesis due to lower functioning ovaries. Decreased estrogen synthesis can lead to many adverse effects including altered mood, poor sleep, insufficient energy, decreased sexual function, vaginal dryness, itchiness, and hot flashes. Estradiol is used to aid in regulating these postmenopausal symptoms. [\[1\]](#) [\[4\]](#) [\[5\]](#)

### **How does this medication work?**

- Estrogens such as estradiol are responsible for the growth and development of female sex organs, bone and muscle maintenance, cardiovascular function, brain function, as well as their maintenance of body proteins and cholesterol levels. [\[1\]](#) [\[4\]](#)

### **Before starting therapy, tell your doctor if any of the following apply to you:**

- History of endometrial or breast cancer [\[8\]](#)
- History of unusual vaginal bleeding [\[8\]](#)
- History of heart attack or stroke [\[8\]](#)
- Currently have liver problems [\[8\]](#)
- Thinking of getting pregnant [\[8\]](#)
- Currently breastfeeding [\[8\]](#)
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### **Protect friends and family from exposure to estrogens:**

- Avoid skin-to-skin contact with other people and pets where estrogen creams have been applied as well as secondary items such as sheets, towels, and laundry. If such contact does occur, wash the area well with soap and water right away.
- Safe Application - Do not allow others to apply estrogen creams to your body. Apply estrogen creams to areas that will be covered by clothing (e.g. Upper

thighs, upper arms, forearms) and wash your hands after application. Wait 2 hours before showering or swimming to ensure that the full dose of the hormone is absorbed.

**Possible side effects of topical estrogens include:**

- Breast tenderness [\[2\]](#)
- Difficulty sleeping [\[1\]](#)
- Depression [\[2\]](#)
- Headaches [\[1\]](#)
- Fluid retention [\[1\]](#)

**The following are potentially serious side effects and require immediate consultation with your doctor:**

- Abnormal vaginal bleeding [\[5\]](#)
- Shortness of breath [\[6\]](#)
- Chest pain [\[6\]](#)
- Changes in vision or speech [\[7\]](#)
- Weakness or numbness in an arm or leg [\[7\]](#)

If you notice other side effects that you think are caused by this medicine, tell your doctor. You may report side effects to FDA at 1-800-FDA-1088.

**How to Use:**

Vaginal suppository

- 1) Wash hands before touching the medication.
- 2) **Unwrap** suppository.
- 3) Position yourself comfortably, either on your back, or standing upright with your legs a few inches apart and knees bent.
- 4) Push the suppository tip side up into vagina until seeded properly.
- 5) Wash hands after administering the medication.

Cream

- 1) Wash hands before touching the medication.
- 2) Place medication on hands and rub into designated area for 30-60 seconds.
- 3) Wash hands after administering the medication.

## Troche

- 1) Use spatula to remove troche from tray and place the troche under tongue or between cheek and gums as directed.
- 2) Do not swallow troche. Allow medication to dissolve completely under tongue (about 10-15 minutes).

## Oral Pill

- 1) Take pill orally with or without food.

## References:

- [1] <https://www.ncbi.nlm.nih.gov/books/NBK549797/>
- [2] <https://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=a3803ba3-4eee-4e2e-ac8c-821a4e6720cc>
- [3] <https://pubmed.ncbi.nlm.nih.gov/7015547/>
- [4] <https://www.menopause.org/docs/default-source/2017/nams-2017-hormone-therapy-position-statement.pdf>
- [5] [https://www.rxabbvie.com/pdf/estrace\\_pi.pdf](https://www.rxabbvie.com/pdf/estrace_pi.pdf)
- [6] <https://dailymed.nlm.nih.gov/dailymed/lookup.cfm?setid=762ac371-bb8b-47e7-b48f-e80d452c9dd4>
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- [8] <https://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=a78708cd-04d4-4221-a4e4-53680bbe2912>
- [9] <https://media.allergan.com/actavis/actavis/media/allergan-pdf-documents/safety-data-sheets/Estrace-EN-AGHS-2018100292955.pdf>