



Weaning off Prescription Synthetic Hormones

1st Month Weaning Instructions:

Start your Human-Identical hormone creme or pill as directed. If you take a combination product like PremPro or PremPro Low then you will need a prescription for separate estrogen (Premarin, Estrace, etc.) to start with. Take your synthetic estrogen pill every other day or cut your estrogen patch in half. If you are taking a separate synthetic progestin such as Provera, you may drop it completely and immediately.

NOTE: Paper tape used for gauze bandages will hold your partial estrogen patch in place.

2nd Month Weaning Instructions:

Continue your Human-Identical Plant based hormone creme or pill as directed. Take your synthetic estrogen pill (Premarin, Estrace, etc.) every third day or cut your estrogen patch in quarters.

3rd Month Weaning Instructions:

Continue your Human-Identical Plant based hormone creme or pill as directed. Take your synthetic estrogen pill (Premarin, Estrace, etc.) every fourth day. Go totally off your estrogen patch.

4th Month Weaning Instructions:

Continue your Human-Identical Plant based hormone creme or pill as directed. You should now be off all synthetic hormones.

Hot flashes sometimes reoccur. Do not give up. Hot flashes are very annoying, but no one ever died from a hot flash. Synthetic hormones, on the other hand, can cause a variety of life-threatening conditions. After weaning, you will need to adjust your dose of progesterone cream to discover the one which helps you feel the most comfortable. It may vary from month to month, but the usual dose of ½ pump twice daily works well for most women.

If your hot flashes increase a lot or are intolerable we will need to measure salivary hormone levels to see if you require supplementation with human-identical estrogen cream and to balance your progesterone levels with your body's natural estrogen level.