

# Sandrena®

estradiol gel



0.5g Sachets



1.0g Sachets

PBS Listed

# Women deserve a choice of MHT

Shared decision making is a cooperative process where the healthcare professional and the patient engage in open dialogue to explore:

- the full range of treatment options, including the possibility of choosing no active intervention when suitable
- the potential advantages of each option
- the possible risks or downsides
- and the patient's unique values, preferences, and personal circumstances.<sup>1,2</sup>

MHT selection should be tailored to the individual, with patient preference a key consideration.<sup>3</sup>

Scan the QR Code for more information about Sandrena®



# **If transdermal (TD) estradiol gel is the right choice, discuss both available options**

## **Both are PBS listed**

### **Sandrena® offers her:**

- ▶ a higher concentration of estradiol**

Sandrena has 1mg of estradiol per gram of gel. The other TD gel has 0.6mg of estradiol per gram of gel.<sup>4,5</sup>

- ▶ a lower volume of gel to apply to her body**

The recommended starting and standard dose of Sandrena is 1 gram of gel. The recommended starting and standard dose of the other TD gel is 2.5 grams of gel.<sup>4,5</sup>

- ▶ a smaller application area**

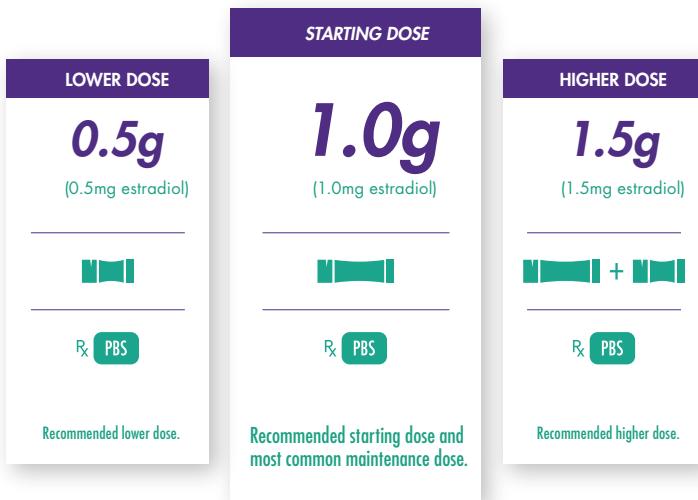
Sandrena's recommended application area should be one to two times the size of the hand for all doses (0.5g, 1.0g and 1.5g). The application area for the other TD gel should be as large as possible.<sup>4,5</sup>

- ▶ accurately measured single dose sachets<sup>4</sup>**

Women with an intact uterus should combine Sandrena with an adequate dose of progestogen. They may choose from a Mirena®, Prometrium® or any other available progestogen.<sup>3,4,5</sup>

# *Sandrena offers her three available doses for individual titration*

- Sandrena is available in 0.5g and 1.0g sachets for accurate dose modification across the three TGA-approved doses: 0.5g, 1.0g and 1.5g
- Each sachet is applied once daily to the skin on the lower trunk or thigh.<sup>4</sup>
- After application the gel should be allowed to dry for a few minutes and not be washed for one hour.<sup>4</sup>



**Sandrena®**  
estradiol gel

## PBS Information: Sandrena 1.0g and 0.5g sachets - General Benefit for short-term treatment of oestrogen deficiency.



Please review the Product Information before prescribing, available on request from Orion Pharma or by scanning the QR code.

### References.

1. RACGP Guidelines for preventative activities in general practice. 10th edition. Page 19. Last updated 1/8/2025. Accessed 11/08/25. <https://www.racgp.org.au/getattachment/3eddf0a7-7cec-4064-a44b-5bde6c2515a5/Guidelines-for-preventive-activities-in-general-practice.aspx> - RACGP - Guidelines for preventive activities in general practice
2. Shared decision making, NICE Guideline NG197, published 17 June 2021. Accessed 16.06.25. <https://www.nice.org.uk/guidance/ng197/chapter/recommendations> "Recommendations | Shared decision making | Guidance | NICE
3. Mukherjee & Davis, S.; Update on Menopause Hormone Therapy; Current Indications and Unanswered Questions, Clinical Endocrinology 2025; 1-14 <https://doi.org/10.1111/cen.15211>
4. Sandrena® Product Information, 24 February 2025.
5. Estrogel® Product Information, 18 December 2023.
6. Mirena Product Information, 24 June 2024.
7. Prometrium® Product Information, 01 February 2024.
8. AMS Guide to MHT/HRT Doses Australia only. Content updated 11 March 2025. Accessed online 7/08/25 <https://www.menopause.org.au/hp/information-sheets/ams-guide-to-mht-hrt-doses>

MHT: Menopausal Hormone Therapy

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