



DATE: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Endocrinologist: \_\_\_\_\_

Nurse: \_\_\_\_\_

## HORMONE REPLACEMENT THERAPY FOR GIRLS

Your doctor has suggested that it is time to start taking both an estrogen product and a progesterone product, in order to replace your body's hormones as naturally as possible. Up until now, you may have been taking a single pill every day. Now you will be taking:

- an estrogen product [micronized estradiol-17 $\beta$  (Estrace®)] every day
- a progesterone product [medroxyprogesterone acetate (Provera® or generic)] for 7-10 days of each month
- your doctor has prescribed medroxyprogesterone for days \_\_\_\_\_ of every month

The following information will answer many of your questions:

### *Will I be on this complicated schedule forever?*

Not necessarily. This is a special schedule which is as natural as possible during your adolescence. After a while (1-2 years), your body will be ready for an "adult" amount of the hormones, and you may change to a more convenient single pill that combines both hormones.

### *When will I get my period?*

You will likely get your period during or after the days you take the medroxyprogesterone. Your period may be fairly light because you are taking a small amount of hormone replacement. It may take a couple of months for your period to become "regular" or predictable.

### *What if I have an "abnormal" period?*

If you are taking your pills regularly without missing any and you still have several abnormal periods, you should call your endocrinologist to discuss the problem. An "abnormal" period would be:

- spotting during the middle of the month when you are taking your Estrace® only
- extra long (more than 10 days) or heavy periods

This is not an urgent problem, so you could call your endocrinologist during regular business hours.

### *Are there any side effects?*

Side effects are not expected because these are hormones which your body should be making, and you are just replacing them.