NICE guideline [NG23] ‘Menopause: Diagnosis and Management’ states “Offer vaginal oestrogen to women with urogenital atrophy (including to those on systemic HRT) and continue treatment for as long as needed to relieve symptoms”.

Currently two preparations of Estriol vaginal cream are available on prescription:

<table>
<thead>
<tr>
<th>Preparation</th>
<th>Current cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Estriol 0.1% (Ovestin®) cream (0.5mg estriol per application)</td>
<td>£ 4.45</td>
</tr>
<tr>
<td>Estriol 0.01% (formerly Ortho-Gynest ®) cream (0.5mg estriol per application)</td>
<td>£ 24.98</td>
</tr>
</tbody>
</table>

Whilst Ovestin® 0.1% cream is 10 times stronger, the amount of cream delivered per application is 10 times less than that of Estriol 0.01% cream meaning that both creams deliver an identical amount of Estriol (0.5mg) per application.

Over the last 12 months, East Lancashire Health Economy has spent £69,569 on Estriol 0.01% cream. By prescribing the more cost effective preparation of Estriol 0.1% (Ovestin®) cream, an annual saving of £57,176 can be achieved across both CCGs.

Where appropriate, prescribers are advised to:
- Initiate any new patients on Estriol 0.1% (Ovestin®) cream
- Identify patients who are currently prescribed Estriol 0.01% cream and where appropriate switch them to Estriol 0.1% (Ovestin®) cream
- The British National Formulary states “The endometrial safety of long term or repeated use of topical vaginal oestrogens is uncertain; treatment should be reviewed at least annually with special consideration given to any symptoms of endometrial hyperplasia or carcinoma”

For further information, please contact the Medicines Management Team on 01254 282087 (BwD CCG) or 01282 644807 (EL CCG)

Ref: Drug Tariff April 2018; British National Formulary 2018. Midlands & Lancashire Commissioning Support Unit. Prescribing Tip no. 197: Estriol Vaginal Cream March 2018