# Cost effective prescribing of Estriol Vaginal Cream

## April 2018

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:

| Preparation | Current cost |
|---|---|
| Estriol 0.1% (Ovestin®) cream (0.5mg estriol per application) | £ 4.45 |
| Estriol 0.01% (formerly Ortho-Gynest ®) cream (0.5mg estriol per application) | £ 24.98 |

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"

*Currently two preparations of Estriol vaginal cream are available, both of which deliver identical amount of Estriol per application*

*Estriol 0.1% (Ovestin®) cream is the more cost effective option*

*Patients on long term topical vaginal oestrogen preparations should be reviewed annually with special consideration given to any symptoms of endometrial hyperplasia*

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