



NATUROPATHIC PHYSICIAN
CERTIFIED MENOPAUSE
PRACTITIONER

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ESTROGEN PATCHES

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If you are currently using an estrogen patch, please be aware of some difficulties pharmacies are having. Climara, the brand name patch is on back-order and has been for a few months. For those patients who are ordering estrogen patches through Canada, this is the one you are using.

You may not be able to get your prescription through Canada at this time.

For those patients who are on the generic week-long patch, that is Sandoz. Because of the demand, Sandoz patches are on back-order as well. Many pharmacies are going to suggest substituting a Mylan week-long patch, another generic patch. I do not recommend this. The patches are thick, fall-off, produce rashes, and generally do not work very well for the week long patches. Mylan patches for twice weekly use are better.

If you are using the week-long patch, and cannot get the Sandoz or Climara, you may tolerate the twice weekly patch. It has to be changed every 3.5 days. This may work as a substitute, and there are generic patches as well as several brand name patches. If you cannot get a twice weekly patch in your dose that is “generic”, a “Brand name” patch may be a good substitute. Insurance companies do not want to cover brands, but we are in an almost emergency situation with patch availability. I will try a prior authorization or you can contact your insurance company, advising them of this situation. Please print or download this article so you can provide it to the insurance company. Also, there are frequently coupons for brand name products, please check the internet for these; which can make getting a better patch, possibly without insurance coverage a little easier!

If you are using an estrogen gel, or ring, this information does not apply to you. This situation should be temporary. Please hang in there. If you are a patient with migraines, we must be careful about maintaining levels of hormone replacement that do not vary. If you have questions, please contact the clinic. A prescription change from a week-long patch to a twice a week patch must be done with each individual prescription.

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