

HOW TO INCREASE DOSES OF ESTRADIOL AS IT IS TITRATED

FOR PATIENTS USING A **TICKER** - NUMBERS SHOWN ARE "**CLICKS**"**ESTRADIOL
CLICKS**

E 1% OR 2%	E + 0	E + 2	E + 4	E + 6	E +8	E + 10	
DAYS 1 - 5		8	12	16	20	24	28
DAYS 6 - 8		12	16	20	24	28	36
DAYS 9 - 11		14	20	24	32	36	48
DAY 12		16	24	32	40	48	56
DAYS 13 - 14		4	8	12	16	20	24
DAYS 15 - 17		6	10	14	18	20	26
DAYS 18 - 28		8	12	16	20	24	28

HOW TO ADJUST DOSES OF PROGESTERONE AS IT IS TITRATED

FOR PATIENTS USING A **TICKER** - NUMBERS SHOWN ARE "**CLICKS**"**PROGESTERONE
CLICKS**

PROG 20%	P - 3	P - 2	P - 1	P + 0	
DAYS 14 - 15		4	6	8	8
DAYS 16 - 17		8	10	12	16
DAYS 18 - 19		12	14	16	20
DAY 20		14	16	18	24
DAY 21		18	20	22	28
DAY 22		14	16	18	24
DAYS 23 - 24		12	14	16	20
DAYS 25 - 26		8	10	12	16
DAYS 27 - 28		4	6	8	8

HOW TO INCREASE DOSES OF ESTRADIOL AS IT IS TITRATED

FOR PATIENTS USING **SYRINGES** - NUMBERS SHOWN ARE "**LINES**"**ESTRADIOL
LINES**

E 1% OR 2%	E + 0	E + 2	E + 4	E + 6	E +8	E + 10	
DAYS 1 - 5		4	6	8	10	12	14
DAYS 6 - 8		6	8	10	12	14	18
DAYS 9 - 11		7	10	12	16	18	24
DAY 12		8	12	16	20	24	28
DAYS 13 - 14		2	4	6	8	10	12
DAYS 15 - 17		3	5	7	9	10	13
DAYS 18 - 28		4	6	8	10	12	14

HOW TO ADJUST DOSES OF PROGESTERONE AS IT IS TITRATED

FOR PATIENTS USING **SYRINGES** - NUMBERS SHOWN ARE "**LINES**"**PROGESTERONE
LINES**

PROG 20%	P - 3	P - 2	P - 1	P + 0
DAYS 14 - 15	2	3	4	4
DAYS 16 - 17	4	5	6	8
DAYS 18 - 19	6	7	8	10
DAY 20	7	8	9	12
DAY 21	9	10	11	14
DAY 22	7	8	9	12
DAYS 23 - 24	6	7	8	10
DAYS 25 - 26	4	5	6	8
DAYS 27 - 28	2	3	4	4