

Any medication questions? Pharmacy counseling available at 866-206-7936

Estradiol Hemihydrate Sublingual (SL) Tablets

Patient Information Sheet

Uses

Estradiol hemihydrate is a form of bioidentical 17β -estradiol, the primary natural estrogen produced by the ovaries. Sublingual (SL) tablets dissolve directly under the tongue, allowing rapid absorption into the bloodstream.

Common indications include:

- **Hormone Replacement Therapy (HRT):** Managing moderate-to-severe vasomotor symptoms (such as hot flashes and night sweats) and vaginal atrophy associated with menopause.
- **Estrogen Deficiency:** Treating low estrogen levels caused by hypogonadism, primary ovarian failure, or surgical removal of the ovaries (oophorectomy).
- **Bone Health:** Helping prevent postmenopausal osteoporosis in patients who require estrogen therapy as evaluated by their prescriber.

How to Use

- **Administration:** Place the tablet directly under your tongue and allow it to dissolve completely.
- **Do Not Chew or Swallow:** Avoid chewing, crushing, or swallowing the tablet whole. Sublingual absorption allows direct systemic entry and avoids first-pass liver metabolism.
- **Timing:** Take your dose at the same time each day as prescribed.
- **Eating & Drinking:** Avoid eating, drinking, or talking while the tablet is dissolving under your tongue.

Side Effects

You may experience mild side effects while taking sublingual estradiol hemihydrate as your body adjusts:

- Breast pain, tenderness, or enlargement
- Headaches, lightheadedness, or mild mood alterations
- Nausea, abdominal bloating, or fluid retention (mild swelling in feet/ankles)
- Vaginal discharge, breakthrough bleeding, or spotting
- Weight changes

Precautions

- **Severe Symptoms:** Seek emergency medical evaluation immediately if you experience sudden chest pain, shortness of breath, severe headache, sudden vision loss or changes, severe leg pain/swelling, or sudden weakness/numbness on one side of your body.

- **Medical History:** Inform your clinician if you have a history of blood clots (DVT/PE), stroke, heart attack, liver disease, estrogen-dependent cancers (such as breast or endometrial cancer), or undiagnosed vaginal bleeding.
- **Regular Monitoring:** Routine medical follow-ups, including blood pressure monitoring, pelvic exams, and mammograms, are recommended during estrogen therapy.
- **Pregnancy & Breastfeeding:** Estradiol hemihydrate is contraindicated during pregnancy and is not recommended while breastfeeding.

Drug Interactions

Tell your physician and pharmacist about all medications, over-the-counter products, and supplements you use. Key interactions include:

- **CYP3A4 Inducers (e.g., St. John's Wort, Rifampin, Carbamazepine, Phenytoin):** Can increase the breakdown of estradiol, lowering blood levels and reducing effectiveness.
- **CYP3A4 Inhibitors (e.g., Ketoconazole, Clarithromycin, Grapefruit juice):** Can decrease estradiol clearance, leading to elevated estrogen levels and an increased risk of side effects.
- **Thyroid Hormones:** Estrogens can increase thyroid-binding globulin levels; dosage adjustments for thyroid replacement medication may be necessary.

Missed Dose

- Take the missed dose as soon as you remember.
- If it is almost time for your next scheduled dose, skip the missed dose and resume your standard schedule.
- **Do not take two doses at once to make up for a missed dose.**

Overdose

Symptoms of an overdose may include severe nausea, vomiting, breast tenderness, abdominal pain, or withdrawal bleeding/spotting. If an overdose is suspected, contact Poison Control at 1-800-222-1222 or seek immediate emergency care.

Storage

- Store at room temperature away from excessive heat, direct light, and moisture (do not store in a humid bathroom).
- Keep the container tightly closed.
- Keep out of reach of children and pets.