

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net
Pharmacy Help-line: **01691 404339**

Date of publication: April 2025

Date of review: April 2028

Author: Authors: Harpinder Dhaliwal, Pre-Registration Pharmacist
Carrie Jenkins, Deputy Chief Pharmacist and Pre Op Lead Pharmacist

© RJAH Trust 2025

The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust
Oswestry, Shropshire SY10 7AG

Tel: **01691 404000**

Web: www.rjah.nhs.uk

design by Medical Illustration

Information for patients

Hormone Replacement Therapy and Leg or Back (Spinal) Surgery



Pharmacy



Scan the QR code to
access the **digital version**
of this leaflet

Background Information

There is a risk of blood clots (also called deep vein thrombosis) when you take hormone replacement therapy (HRT).

HRT contains one or more of the female sex hormones, oestrogen and progesterone.

The development of a blood clot is due to the oestrogen part of the hormone replacement therapy. However, the risk of having a blood clot whilst taking HRT is many times lower than during pregnancy.

Risk of Blood Clots and Surgery

You can also develop blood clots after surgery to the back, legs or feet due to a number of factors, included reduced mobility and unavoidable damage to blood vessels.

For most types of surgery, certain HRT medicines may need to be stopped before surgery. This is because of an increased risk of developing a blood clot.

The pre-operative assessment team will advise you if you HRT needs to stop.

List of Hormone Replacement Therapy that should usually be stopped before surgery:

Tablets/Capsules

Bijuve	Kliovance	Senshio
Elleste-Solo	Lival	Tibolone
Elleste-Duet	Novofem	Tridestra
Femoston	Progynova	Trisequens
Femoston conti	Premarin	Zumenon
Kliefem	Premique	

If you are advised to stop taking a HRT tablet, your GP will be able to provide an alternative HRT that can continue, such as the examples below.

List of Hormone Replacement Therapy that can usually be continued before surgery:

Tablets/Capsules

Utrogestran (Progesterone)

Patches

Estracombi	RelSequi	FemSevenConti
EstradermMX	EvorelConti	FemSevenSequi
EstradermTTS	Fempak	ProgynovaTS
Estradot	FemSeven	
Evorel	Fematrix	

Gels

Ovestin
Estradiol
Crinone
Oestrogel
Sandrena

Spray

Lenzetto

Pessaries

Estring
vagifem
Vagirux
Estradiol
Lutigest
Cyclogest
Utrogestran

Reducing the risk of a blood clot after surgery

The risk of developing a clot depends on the type of surgery being done. Drugs or injections will be given to patients having surgery that are thought to be at increased risk.

Another risk for a clot forming is lack of exercise after surgery. It is important to follow advice about moving and exercise from physiotherapists and nurses, to reduce this risk.

When can I return to using my normal Pill or Patch?

If required to stop, your usual HRT may be restarted once you are fully mobile. If you are unsure, ask your doctor.