

Cross Hormone Therapy

Female to Male Hormones

Drug	Brand	Starting Dose	Maximum Dose	Formulation	Cost	Pros
Testosterone enanthate (IM)	Delatestryl	50 mg q weekly or 100 mg q 2 weeks	100 mg q weekly or 200 mg q 2 weeks	200 mg/mL X 5 ml = 1000 mg per vial	\$71 per 5 mL vial	<ul style="list-style-type: none"> - Cheaper - More effective and may yield slightly faster results compared to transdermal preparations
Testosterone cyponiate (IM)	Depo-testosterone			100 mg/mL X 10 ml = 1000 mg per vial	\$62 per 10 mL vial	
Testosterone patch (transdermal)	Androderm	2.5-5 mg od	5-10 mg od	2.5 mg/patch X 60 patches	\$167	<ul style="list-style-type: none"> - Improved steady state compared to injectables - Preferred in patients with: ischemic heart disease, hyperlipidemia, polycythemia, history of thromboembolism/hypercoagulability, chronic lung disease that may be worsened by erythrocytosis, smoking, migraines, and psychiatric disorders
				5 mg/patch X 30 patches	\$167	
Testosterone gel (transdermal)	Androgel 1%	2.5-5 g daily (2-4 pumps, equivalent to 25-50 mg testosterone)	5-10 g daily (3-8 pumps, equivalent to 50-100 mg testosterone)	Pump: 120 g bottle; 1.25 g per pump = 96 pumps	\$160	
				2.5 g sachet X 30 sachets	\$89.50	
				5 g sachet X 30 sachets	\$150	
Testosterone gel (transdermal, axillary)	Axiron 2% solution	1.5-3 g daily (1-2 pumps, equivalent to 30-60 mg testosterone)	3-4.5 mL daily (2-3 pumps, equivalent to 60-90 mg testosterone)	Metered dose pump	\$171	

Male to Female Hormones

Drug	Brand	Starting Dose	Max. Dose	Formulation	Cost	Pros
Conjugated estrogen	Premarin	0.625 mg daily	1.25 mg daily	0.3 mg X 28 tabs	\$23	
				0.625 mg X 28 tabs	\$23	
Estradiol (oral)	Estrace	1-2 mg daily	4 mg daily	0.5 mg X 100 tabs	\$25	Most commonly prescribed (superior safety profile compared to conjugated estrogen)
				1 mg X 100 tabs	\$37.50	
				2 mg X 100 tabs	\$57	
Estradiol patch (transdermal)	Estradot	0.1 mg daily, apply patch 2X/week	0.2 mg daily, apply patch 2x/week	25 mcg patch X 8 patches	\$38	Preferred in patients with: Stable cerebrovascular or cardiovascular disease, history of venous thromboembolism or hypercoagulable state, hypertriglyceridemia, uncontrolled hypertension or diabetes, smokers, severe/focal migraines, hepatic dysfunction, age >40
				37.5 mcg patch X 8 patches	\$38	
				50 mcg patch X 8 patches	\$40	
				100 mcg patch X 8 patches	\$43	
	Climara	Once weekly			25 mcg patch X 4 patches	
75 mcg patch X 4 patches					\$39	
Estradiol valerate (must be compounded)		10 mg IM q 2 weeks	10 mg IM q weekly			Preferred in patients with: hepatic dysfunction
Spironolactone	Aldactone	50-100 mg daily	200 mg BID	25 mg tabs	\$24 for 100 tabs	
				100 mg tabs	\$40 for 100 tabs	
Cyproterone	Androcur	12.5-25 mg daily	50 mg daily	50 mg tabs	\$168 for 100 tabs	