

Hormone Therapy Medication Doses rev. 10/11/22

Medication	Typical Dose Range
Testosterone cypionate 200mg/ml solution (injectable)	0.1 ml to 0.4 ml every week
Testosterone gel 1.62% (topical)	1 to 3 pumps a day
Testosterone patch 2mg (topical)	1 to 3 patches a day
Estradiol tablets 1mg or 2mg tablets (oral)	1mg to 6mg total daily dose
Estradiol patch 0.1mg (topical)	1 to 2 patches twice a week
Estradiol valerate 20mg/ml (injectable)	0.25ml to 0.5ml every 1 to 2 weeks
Spirolactone tablets (oral)	50 mg to 200 mg daily

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