

ACTIVE LEARNING TEMPLATE: *Medication*

STUDENT NAME RDH

MEDICATION Estrogen (Estrace) REVIEW MODULE CHAPTER \_\_\_\_\_

CATEGORY CLASS Estrogen Derivative

**PURPOSE OF MEDICATION**

**Expected Pharmacological Action**

Reduces vaginal pH levels and mature the vaginal and urethral mucosa after 12 weeks of therapy, improving vaginal dryness and mucosal atropy.

**Therapeutic Use**

Treats vaginal irritation and dryness caused by menopause.

**Complications**

Side Effects: headache, hair loss, tender breasts, diarrhea, N/V, stomach pain/cramps, bloating, back pain, vaginal irritation, vaginal itching or discharge, unexplained vaginal bleeding.

**Medication Administration**

Cream: 2 g daily, followed by maintenance dose of 1 g 2-3x/week.

Tablet: 10 mcg for 2 weeks then maintenance dose of 1 tablet 2-3x/week

**Contraindications/Precautions**

Contraindications: angioedema, anaphylactic reaction, hypersensitivity to medication  
Precautions: Undiagnosed genital bleeding, DVT, PE, Breast cancer, endometrial cancer, endometriosis, ovarian cancer.

**Nursing Interventions**

Baseline: risk for breast cancer and CVD

Ongoing: monitor for thromboembolism, remind about importance of frequent self breast exams and need for annual gynecological exam

**Interactions**

Drug: corticosteroids, ajmaline  
Labs: coag factors, lipids, glucose tolerance, thyroxine-binding globulin, sex hormone binding globulin, cortisol binding globulin

**Client Education**

\*Notify doctor if you have unexplained vaginal bleeding, if you're pregnant or plan to be, if you have high blood sugar.

\*Have anual gyno check ups.

**Evaluation of Medication Effectiveness**

Pain during sex decreases, dryness decreses and irritation subsides.