

YOUR GUIDE TO MENOPAUSAL HORMONE THERAPY WITH PROMETRIUM®¹

(micronised progesterone)



PROMETRIUM®
MICRONISED PROGESTERONE

This booklet is intended for patients prescribed Prometrium as part of menopausal hormone therapy for women with an intact uterus (womb).¹ It is designed to help your understanding of Prometrium. It is not a substitute for talking to your healthcare professional.

ABOUT MENOPAUSE

The term 'menopause' refers to the final menstrual period. During this time the production of female hormones (estrogen and progesterone) is reduced, resulting in low levels of these hormones in the body. As a result of low estrogen levels, many women experience troublesome symptoms such as hot flushes and mood swings.^{2,3}

Most women reach menopause between 45 and 55 years of age, and the average age for women in Australia to reach menopause is 51–52 years.²

WHY PROMETRIUM?

Prometrium contains the natural female hormone progesterone.¹ It is *identical* to the hormone produced naturally in your body^{5,6} and has been finely ground (or micronised) to enable your body to absorb it more easily.^{1,5}

Prometrium can only be prescribed by a doctor. It is taken in combination with estrogen as part of menopausal hormone therapy in women with an intact uterus.¹

ABOUT MENOPAUSAL HORMONE THERAPY

Menopausal hormone therapy (MHT), previously known as hormone replacement therapy (HRT), is used to ease symptoms of menopause.²⁻⁴

Estrogen is the main hormone prescribed to ease menopausal symptoms; it works by replacing the estrogen lost in women's bodies at menopause, so that they have a similar level of estrogen in their body as before their menopause.⁴

Women with a uterus need hormone therapy with both estrogen and progestogen. This is because estrogen alone can overstimulate the cells lining the uterus, causing an increased risk of endometrial cancer (cancer of the uterus). Taking progestogen alongside estrogen minimises this risk.⁴





TAKING PROMETRIUM

Your doctor or pharmacist will tell you how many capsules you need to take each day.

If you are taking Prometrium as part of menopausal hormone therapy together with estrogen, Prometrium can be taken in two ways:¹

ONE CAPSULE DAILY

- 100 mg/day (one 100 mg capsule)
- At bedtime
- From days 1 to 25 of your 28-day cycle

Some light bleeding may occur, but bleeding is less likely with this treatment schedule.¹

_____ OR _____

TWO CAPSULES DAILY

- 200 mg/day (two 100 mg capsules)
- Take both capsules at bedtime
- From days 15 to 26 of your 28-day cycle

You will usually have a few days of bleeding (like a period) after you finish taking the capsules.¹

If you have any questions regarding your dose and how to take Prometrium, talk to your doctor or pharmacist.

If you have trouble remembering to take your medicine, ask your pharmacist for some hints.

HOW TO TAKE YOUR DOSE

- Prometrium should be swallowed whole with a glass of water.¹
- Do not take Prometrium with food as this may affect the way Prometrium works.¹
- Bedtime dosing is recommended as some patients may experience sleepiness or drowsiness after taking Prometrium.^{1,7}

IF YOU FORGET TO TAKE A DOSE

- If it is almost time for your next dose, skip the dose you missed and take your next dose at the usual time.¹
- Otherwise, take it as soon as you remember, and go back to taking your medicine as you would normally.¹
- Do not double your dose to make up for the dose you missed.¹

FOR HOW LONG SHOULD YOU CONTINUE TAKING PROMETRIUM?

Every woman is different and the length of time you will have symptoms can't be predicted. On average, women experience menopausal symptoms for about 8 years.⁴ You will need to continue taking Prometrium for as long as you are using estrogen therapy.

Only 10% of women (1 in every 10) will have symptoms that last longer than 10 years.⁴ For this reason, it's important to have regular check-ups with your doctor so they can assess your symptoms and determine whether ongoing treatment with Prometrium is right for you.

Seeing your doctor regularly is recommended to monitor your symptoms and treatment.

Your doctor is the best person to advise on whether ongoing treatment with Prometrium is right for you.





FREQUENTLY ASKED QUESTIONS

ARE THERE ANY SIDE EFFECTS WITH PROMETRIUM?

Most women can take Prometrium without side effects.^{1,7}

Some women may experience side effects including: headache; abnormal breakthrough bleeding or spotting; change in menstrual cycle; unusual tiredness, weakness or weight gain; acne; breast pain or tenderness; mild mood changes; changes in libido; and insomnia.¹

Although these symptoms are usually mild and short-lived, always tell your doctor if you notice these or anything else unusual while taking Prometrium.¹

Please ensure you read the Prometrium Consumer Information available at besins-healthcare.com.au/patient-support for further information, or consult with your doctor or pharmacist about these and other less common side effects.

Need further support? Visit besins-healthcare.com.au/patient-support



CAN ANYONE TAKE PROMETRIUM?

Most women can safely take Prometrium.^{1,7}

Prometrium can't be taken if you have certain medical conditions. These include, but are not limited to: an allergy to any of the ingredients in Prometrium, including soya; undiagnosed vaginal bleeding; missed abortions or ectopic pregnancy; severe liver problems; cancer of the breast or genital tract; blood clots or a history of blood clots; bleeding on the brain; and porphyria disorder (a blood disease).¹

Your doctor is fully aware of all of the reasons why a woman should not take Prometrium and will have assessed you to see if treatment is appropriate. If you are unsure whether you should take Prometrium, talk to your doctor.

CAN YOU TAKE PROMETRIUM WITH OTHER MEDICINES?

Prometrium is always taken together with an estrogen.¹

Tell your pharmacist or doctor if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop. Don't forget to mention herbal medicines. Some medicines may affect the way other medicines work, and some medicines may interfere with Prometrium if taken at the same time.¹

Your doctor will know what medicines you need to be careful with or avoid while taking Prometrium. You can also refer to the Consumer Medicine Information available at www.besins-healthcare.com.au/patients for a list of medicines that may interact with Prometrium. If you are prescribed any new medicines, tell your doctor or pharmacist that you are already taking Prometrium.¹



HOW SHOULD YOU STORE PROMETRIUM?

You should store Prometrium in the original container, in a cool dry place where the temperature stays below 30°C. Do not refrigerate.^{1,7}



WHERE TO GO FOR FURTHER SUPPORT

JEAN HAILES FOR WOMEN'S HEALTH

Jean Hailes for Women's Health is a national not-for-profit organisation that was created to provide women with information, knowledge and clinical care to assist them in actively managing their own health and wellbeing throughout the whole of their life.

Visit jeanhailes.org.au to find out more about topics such as menopause, bone health, mental and emotional health, sexual health, and natural therapies and supplements.



AUSTRALASIAN MENOPAUSE SOCIETY

The aim of the Australasian Menopause Society is advancement of knowledge about menopause, and to improve the quality of life of women during and after menopause. It provides a range of educational materials and resources on midlife and menopause for the benefit of women and their health professionals.

Visit menopause.org.au for access to informative fact sheets and easy-to-understand videos about menopause and other important midlife health topics.

MORE INFORMATION

Ask your doctor if you have any questions about Prometrium or if you have any concerns before, during or after taking Prometrium.

Further details can also be found in the Consumer Medicine Information (CMI) available from your doctor, pharmacist or at besins-healthcare.com.au/patient-support



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For medical information call 1800 BESINS (237 467) or visit www.besins-healthcare.com.au

References: 1. Prometrium Consumer Medicine Information, prepared April 2016. 2. Jean Hailes. About Menopause. Available at <https://jeanhailes.org.au/health-a-z/menopause/about-menopause>. Accessed February 2020. 3. Australasian Menopause Society. What is Menopause? Available at <https://www.menopause.org.au/hp/information-sheets/185-what-is-menopause>. Accessed February 2020. 4. Jean Hailes. Menopause management. Available at <https://jeanhailes.org.au/health-a-z/menopause/menopause-management>. Accessed February 2020. 5. Apgar BS *et al.* *Am Fam Physician* 2000;62:1839-1846. 6. Panay N. *Post Reprod Health* 2014;20:69-72. 7. Prometrium Product Information, 20 June 2016.

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