

PRIMOLUT N (NORETHISTERONE)

How Does it Work?

Primolut N tablets contain the active ingredient norethisterone, which is a synthetic hormone similar to the naturally occurring sex hormone, progesterone. It is used in a wide range of menstrual disorders. (NB: Norethisterone is also available without a brand name, ie as the generic medicine).

In women, progesterone is responsible for the development of a healthy womb lining (endometrium) that is necessary for pregnancy. The body produces progesterone at certain times of the menstrual cycle, causing the womb lining to flourish. If a fertilised egg does not attach to the womb lining by the end of the monthly cycle, progesterone levels in the body decrease. This causes the body to shed the womb lining (a menstrual period). If a fertilised egg successfully attaches to the womb lining by the end of the monthly cycle, progesterone levels in the body remain high. This helps maintain a healthy womb lining for the ongoing pregnancy.

Norethisterone mimics the effects of your natural progesterone and so can help regulate the healthy growth and normal shedding of the womb lining. It may be used in the treatment of menstrual disorders such as irregular or painful menstrual periods, premenstrual syndrome and endometriosis. It may also be used to delay the onset of menstruation for special circumstances, such as if travelling or taking part in a sporting event.

Norethisterone is usually taken on selected days during the menstrual cycle, depending on the disorder that is being treated. You will be advised by your specialist when to commence and cease this medication.

Contraindications

1. Do not take Primolut if:
 - a. You are allergic to norethisterone or any of the other ingredients.
 - b. You are pregnant or if you think you might be pregnant.
 - c. You have a liver disease
 - d. You have jaundice (Dubin-Johnson or Rotor syndrome)
 - e. You have liver cancer.

2. The doctor will take special care if:
 - a. You have diabetes.
 - b. You have intolerance of some types of sugar.

How to Take Primolut N

Take the tablets as instructed by your specialist. The number of tablets that you need to take and the number of days per month when you need to take them will depend on why the doctor has prescribed Primolut N. A common dosage would be 1-3 tablets each day. For some conditions Primolut N has to be taken every day, but this is not always the case.

Swallow the tablets whole with a drink of water. If you take too many tablets you are unlikely to have any serious consequences. Primolut is give in very high doses for some conditions.

If you forget a dose, wait until it is time to take the next prescribed dose. Do not take the missed dose.

If you are worried contact you doctor or pharmacist.

Once you have finished taking a course of Primolut N, you will usually have a menstrual bleed (period) 2-3 days after taking your last tablet. If you do not have a period, you must make sure that you are not pregnant before taking any more tablets.

Side Effects:

Medicines and their possible side effects can affect individual people in different ways. For example, nausea, headache/migraine, changes in menstrual bleeding eg. irregular bleeding or sometimes stopping of bleeding, change in sex drive, bloating, retention of water in the body tissues (fluid retention), breast discomfort, dizziness, depressed mood, weight gain, skin reactions such as rash and itching, hair loss (alopecia), excessive hair growth (Hirsutism), sleepiness, difficulty sleeping (insomnia), disturbance in liver function, and blood clots (leg pain, swelling, shortness of breath).

The side effects listed above may not include all of the side effects reported by the medicine's manufacturer.

For more information about any other possible risks associated with this medicine, please read the information provided with the medicine or consult your doctor or pharmacist.

How Can This Medicine Affect Other Medicines?

It is important to tell your doctor or pharmacist what medicines you are already taking, including those bought without a prescription and herbal medicines, before you start treatment with this medicine. Similarly, check with your doctor or pharmacist before taking any new medicines while taking this one, to ensure that the combination is safe.

Other Medicines Containing the Same Active Ingredient

Norethisterone tablets are also available without a brand name, ie as the generic medicine.

Noriday, Noristerat and Micronor are progesterone only contraceptives that contain norethisterone.