Te Whatu Ora
Health New Zealand
Waitaha Canterbury

NORETHISTERONE (5 mg tablet)

nor-eh-this-te-rone

What does it do?

Norethisterone is a progestogen hormone. It is used to treat irregular, painful or heavy periods, premenstrual syndrome (PMS), endometriosis, or to delay periods.
It is also used with oestrogen as menopausal hormone therapy (MHT), to protect the lining of your uterus (womb) and reduce your chance of endometrial cancer. For information on oestrogen, see Menopausal hormone therapy (MHT) gel, patch, pessary, tablets, or vaginal cream, and the Australasian Menopause Society.

Before you start

- Tell your doctor if you, or someone in your family, has ever had breast cancer.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *norethisterone* regularly as directed with a glass of water. You can take it with or without food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Changes in periods, unexpected vaginal bleeding Sore breasts Mood changes Headache Weight gain Bloating, nausea	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.