

## Estrogen

### Active Ingredient

- Estrogen (Estrone, Estradiol, Estriol)

### What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

### What it is used for

This medication contains one or more active ingredients of estrogens (estrone, estradiol, estriol). Estrogens play important roles in stimulating growth of the reproductive tissues, maintaining healthy bones, increasing the levels of neurotransmitters in the brain, and helping keep the cardiovascular system healthy. Estrogens relieve symptoms (e.g. hot flushes, night sweats and vaginal dryness) caused by reduced estrogen production. Therefore, it is used for menopausal symptoms and prevention of postmenopausal osteoporosis when there is high risk of fractures and alternative treatment is inappropriate.

Estradiol (E2): is the most active naturally secreted estrogen. In women of reproductive age, an E2 peak tends to occur in the early morning. In post-menstrual women, small amounts of E2 continue to be made, but E1 replaces it as the predominant estrogen. In addition to its role in sexual and reproductive functioning, E2 also affects other parts of the body, including the cardiovascular system, the brain and the immune system.

Estrone (E1): Of the three major estrogens, E1 is predominant after menopause in women.

Estriol (E3): is largely associated with pregnancy and foetal development. E3 has been examined for its role in bone and lipid metabolism, and its function as a

protective neurosteroid i.e. neuromodulators, neuroprotective and regulate neurotransmission.

### Before you take estrogen

#### When you must NOT take it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly
- If you have or have history of breast cancer or other estrogen-dependent tumour
- If you have a history of venous thromboembolism (blood clots in the vein)

#### Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- Suffer from any other medical conditions such as migraine, diabetes, epilepsy
- or take any other medications

For a full list of precautions, please contact our pharmacy

### How to take estrogen

#### How much to take

Please take this medication as directed by your doctor or pharmacist. Refer to the directions on the product label if required.

Taking tablets with food or at night may reduce nausea.

#### If you forget to take it

Take it as soon as you remember, but if it is almost time for your next dose, skip the dose you missed and take your next dose as normal. **Do not take two doses to make up for a dose you missed.**

#### If you take too much (overdose)

Immediately contact your doctor, the Poisons Information Centre (telephone 13 11 26) or go to the Accident and Emergency at the nearest hospital.

#### How to report side effects

If you experience any adverse experiences from this medication, you should report it via:

- Visiting [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems)
- Call Adverse Medicine Events Line on 1300 134 237

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If it is an EMERGENCY call the Poisons Information Centre on 13 11 26 or call 000.

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## Side effects

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**Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.**

Call your doctor right away if you have any of these side effects:

- Abnormal bleeding from the vagina
- Lumps in breast (women and men)
- Pain in leg (calf), chest or groin
- Severe headache
- Shortness of breath or trouble breathing
- Slurred speech
- Sudden vision loss
- Yellow eyes or skin

If you have problems with these less serious side effects, talk with your doctor:

- Appetite loss
- Bloating feeling
- Fluid retention and weight gain
- Nausea
- Stomach cramps
- Swollen and tender breasts (women and men)

Large doses of this medicine taken over long periods of time may increase the risk of some kinds of cancer such as breast cancer, ovarian cancer. Talk to your doctor about this risk.

For a full list of possible side effects please contact us.

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## Storage

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Products expire 6 months after preparation. Keep in the original packaging until you need to take your next dose.

Store your medication in a cool, dry place that is below 25°C and away from sunlight.

