

**Other drug leaflets available from Endometriosis SHE Trust (UK):**

*Danol (Danazol); Dimetriose (Gestrinone); DLPA (Phenylalanine); Duphaston (Dydrogesterone); Mirena Coil (Levonorgestrel); Prostag SR (Leuprorelin Acetate); Provera/Depo-Provera (Medroxyprogesterone Acetate); Suprecur (Buserelin); Synarel (Nafarelin) and Zoladex (Goserelin).*

**Primolut-N and Utovlan (Norethisterone) in the treatment of endometriosis**

Primolut-N is made by Shering. Utovlan is made by Searle.

**What is Primolut-N and Utovlan?**

Utovlan and Primolut-N are a synthetic progestogen (a steroid hormone similar to progesterone produced by the ovaries).

**How Primolut-N and Utovlan works:**

This medication works by changing some of the effects of oestrogen. Periods usually stop during treatment, but return within two to three months of treatment ending.

**Administration and dosage of Primolut-N and Utovlan:**

This medication comes as a hexagon shaped tablet in a strength of 5mg.

It is started on the fifth day of the cycle (five days after the period starts) two tablets daily for the first few weeks. Your medical practitioner will instruct you regarding this.

If spotting still occurs, the dosage can be increased to four or five tablets daily.

Once bleeding has stopped, the initial dose of two tablets daily should be enough to control bleeding.

Treatment is given continuously for four to six months, but in some cases may be extended.

***Primolut-N and Utovlan are not suitable for the treatment of children.***

**When Primolut-N and Utovlan should not be used (contra-indications):**

Pregnancy  
Lactating women (breast feeding)  
Severe liver problems  
Severe rectal and/or vaginal irritation  
Skin blisters during pregnancy (usually after the fifth month)  
History of idiopathic (of unknown cause) jaundice in pregnancy  
Rotor Syndrome (rare disorder involving bilirubin in liver disorders)  
Dublin Johnson Syndrome (rare disorder involving bilirubin in liver disorders)

**Treatment should be stopped if:**

Migraine or severe headaches occur that have not been experienced before.  
Vision becomes disturbed.  
Chest tightness or pain is experienced.  
Signs of thrombosis are felt (swelling, redness, pain – usually in the calf).  
Before surgery.

**Before taking Primolut-N and Utovlan:**

Diabetic patients should be regularly checked.

Make the doctor or pharmacist aware if you suffer from:

- breast or cervical cancer or if you have a family history of the condition
- liver, kidney, jaundice, heart, porphyria or migraine problems
- migraines or thrombosis or have a history of these conditions
- diabetes mellitus or have a family history of this condition
- asthma, epilepsy or high blood pressure
- the skin conditions pruritus or pemphigoid gestationis
- vaginal bleeding other than your normal period
- if you have ever had an allergic reaction to this or any other medicine
- if you have sickle-cell anaemia
- if you are taking any other medicines, including those available to buy without a prescription, herbal and complementary medicines

**Side effects of Primolut-N and Utovlan:**

Indigestion  
Dizziness  
Drowsiness  
Depression  
Nausea  
Jaundice  
Insomnia  
Irregular or abnormal bleeding  
Weight gain  
Bloating  
Breast tenderness  
Skin rash  
Worsening of epilepsy  
Headache  
Increase in body temperature  
Hair growth  
Hair loss

As with all treatments, you may have no side effects at all, or you may have a few but it is rare to experience multiple side effects.

***Do remember to report any side effects to your medical practitioner and ask for advice.***

**PLEASE NOTE:**

- Make sure that you are not pregnant before starting treatment. A pregnancy test is advisable.
- Primolut-N and Utovlan are not contraceptives. Discuss contraception with your doctor.
- Periods generally return within two to three months after completion of treatment.
- It is advisable to have one period before trying for pregnancy.