



Dienogest 2mg once daily

What is it for:

Dienogest is used to reduce the painful symptoms of endometriosis. It decreases the amount of oestrogen, and thus, slows the growth of the tissue outside the womb. It reduces symptoms in 7/10 cases after 6 months. It can be used for 6-12 months; however, we advise a clinical review after one year under the care of Oaks Hospital Consultant Gynaecologist or your GP.

Dienogest - Side Effects, Precautions, and Contraindications

What side effects can Dienogest cause?

Side effects tend to occur during the first few months of taking Dienogest, and often reduces or goes away after 1-3 months of treatment.

- Menstrual irregularities (20% patients in first month - usually settles - may need investigation or break of therapy if more than 3 months)
- Headache, Back pain - you may take Paracetamol to relieve headaches and back pain.
- Mood changes (should mood result in severe depression then stop treatment with Dienogest).
- Acne (use gentle, fragrance-free facial cleansers).
- Stomach discomfort (e.g. nausea, vomiting, abdominal pain) - take the medication after food to reduce these side effects.
- Weight gain – rare (choose to have smaller but more frequent meals and select healthier snacks)

Serious side effects include the formation of blood clots. However, this side effect is rare. If you are a smoker and over 35, you may decide not to take Dienogest as your risk is higher.

Reduction in bone density - this is more important in adolescents or patients at risk of osteoporosis. This can be reduced by taking calcium and vitamin D supplements. It may be advisable to check bone density after one year in higher risk groups.

Before taking Dienogest , what precautions must I follow?

Inform your healthcare professional if:

- You are pregnant, planning to become pregnant, or breastfeeding.
- You are taking hormone contraceptives (tablet, patch, intrauterine system (IUD)).
- You have a history of or current medical conditions such as liver problems, stroke, heart disease, migraine headaches, epilepsy, diabetes or cancer

What food or medicine must I avoid when I take Dienogest ?

Some medications including antibiotics, antifungals and St John's wort may affect how Dienogest works or be affected by Dienogest. Please inform other healthcare professionals about the medication you are taking if you are seeing them for other medical conditions.

Avoid taking grapefruit when you are taking this medicine as grapefruit may interact with your medicine and increase the risk of side-effects.

Dienogest - Dosage and How to Use How should Dienogest be used?

Dienogest is NOT a licensed contraceptive and barrier methods e.g. condoms should be used if required.

- You should stop taking other hormonal treatments before starting this medication.
- You should take this medication after food.
- You may start taking this medication on any day of the menstrual cycle.
- You should take one tablet daily without break, preferably at the same time every day, regardless of menstrual bleeding.
- When a pack is finished, the next pack should be started without interruption.

What should I do if I miss a dose?

- If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.
- If you vomit or have diarrhoea within 3 – 4 hours after taking a tablet, the tablet may not be absorbed. This is considered a missed dose and you should take another tablet.

Yours sincerely



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Consultant Obstetrician & Gynaecologist

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