

Northplit 10 CR Tablet

Norethisterone (10mg) Tablet

Description

Norethisterone (10mg) is a synthetic progestogen (a type of female hormone) used in the treatment of various menstrual disorders and to manage certain gynecological conditions. It works by mimicking the effects of the natural hormone progesterone in the body, regulating the menstrual cycle, and influencing the endometrium (lining of the uterus). Norethisterone is commonly prescribed for conditions like irregular menstruation, premenstrual syndrome (PMS), endometriosis, and in certain cases, to delay menstruation.

Composition (per tablet)

- Norethisterone: 10mg
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Mechanism of Action

Norethisterone acts by binding to progesterone receptors in the uterus, affecting the uterine lining and the hormonal cycle. It helps to regulate the menstrual cycle, prevent excessive bleeding, and reduce symptoms of endometriosis and premenstrual syndrome (PMS).

- In conditions like endometriosis, norethisterone helps reduce the growth of endometrial tissue outside

the uterus by influencing hormonal levels.

- It also inhibits ovulation (egg release from the ovaries) and thickens cervical mucus, which can help in preventing pregnancy when used as a contraceptive.
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Indications

Norethisterone 10mg is prescribed for:

- **Irregular Menstruation:** To regulate menstrual cycles in cases of irregular or absent periods.
 - **Premenstrual Syndrome (PMS):** Helps alleviate symptoms like mood swings, bloating, and irritability associated with PMS.
 - **Endometriosis:** Reduces symptoms such as pelvic pain, cramps, and heavy bleeding by controlling the hormonal environment.
 - **Heavy Menstrual Bleeding:** To control heavy menstrual bleeding and prevent excessive blood loss.
 - **Delay of Menstruation:** Norethisterone is used to delay the onset of menstruation for special occasions, travel, or other personal reasons.
 - **Contraception:** When used in combination with other contraceptive methods, norethisterone can help prevent pregnancy.
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Dosage and Administration

- **Recommended Dose:**
 - For delaying menstruation, take 1 tablet (10mg) 3 days before the expected onset of menstruation. Continue taking the tablet for up to 10-14 days or as directed by your healthcare provider.
 - For menstrual disorders or endometriosis, the usual dose is 1 tablet (10mg) taken two to three times daily, as prescribed by your doctor.
 - For PMS or irregular periods, the dose and treatment duration will depend on the severity of symptoms and medical advice.
- **Administration:**
 - Take the tablet orally with water, preferably at the same time each day to ensure consistent levels in the bloodstream.
 - You can take it with or without food.

Contraindications

Do not use Norethisterone 10mg if you have:

- Hypersensitivity to norethisterone or any of its ingredients.
- Active or history of blood clots (e.g., deep vein thrombosis, pulmonary embolism, stroke, or heart attack).
- Hormone-sensitive cancers (e.g., breast, ovarian, or uterine cancer).
- Undiagnosed vaginal bleeding or abnormal bleeding from the uterus.
- Pregnancy: Norethisterone should not be used during pregnancy. If you

think you might be pregnant, consult your doctor before taking this medication.

- **Lactation:** Norethisterone should be avoided during breastfeeding unless specifically prescribed by a healthcare provider.

Warnings and Precautions

- **Cardiovascular Risk:** Norethisterone may increase the risk of cardiovascular issues like blood clots, stroke, or heart attack, especially in individuals with preexisting risk factors.
- **Liver Health:** Regular monitoring of liver function may be required for prolonged use, particularly in individuals with existing liver conditions.
- **Pregnancy:** Ensure you are not pregnant before starting norethisterone. If you become pregnant while taking norethisterone, discontinue use and seek immediate medical advice.
- **Breast Cancer:** Use with caution if you have or have a history of hormone-sensitive cancers.

Adverse Effects

Common side effects may include:

- **Gastrointestinal:** Nausea, abdominal discomfort, bloating, or changes in appetite.
- **Hormonal:** Weight gain, mood changes, headaches, or acne.
- **Breast Tenderness:** Tender or swollen breasts.

- **Vaginal:** Changes in menstrual flow, spotting, or breakthrough bleeding.
- **Fatigue:** Tiredness or drowsiness.

Serious side effects (rare) include:

- **Blood Clots:** Pain, swelling, or redness in the legs, shortness of breath, or chest pain.
- **Liver Issues:** Yellowing of the skin or eyes (jaundice), dark urine, or severe abdominal pain.
- **Allergic Reactions:** Rash, itching, swelling of the face, lips, or tongue, or difficulty breathing.
- **Severe Headaches or Vision Changes:** These could indicate a serious condition like a stroke or retinal vein thrombosis.

Drug Interactions

- **Anticonvulsants (e.g., phenytoin, carbamazepine):** These drugs may reduce the effectiveness of norethisterone.
- **Antibiotics:** Some antibiotics (e.g., rifampin) can interfere with the effectiveness of norethisterone.
- **Anticoagulants (Blood Thinners):** Norethisterone can affect the activity of blood-thinning medications.
- **CYP450 Enzyme Inducers:** Drugs that induce liver enzymes, like St. John's Wort, may reduce the effectiveness of norethisterone.
- **HIV Medications:** Some HIV medications may alter the metabolism of norethisterone.

Consult your healthcare provider for a full list of potential drug interactions.

Storage

- Store in a cool, dry place at room temperature (15°C to 25°C).
- Keep the tablets tightly sealed in the original packaging to protect from moisture and light.
- Keep out of reach of children.

Key Points

- Norethisterone 10mg is a synthetic progestogen used for regulating the menstrual cycle, treating menstrual disorders, delaying periods, and managing conditions like endometriosis.
- It works by mimicking progesterone, helping to regulate hormonal balance and alleviate symptoms related to the menstrual cycle.
- It should be used under medical supervision, especially in individuals with liver, cardiovascular, or hormonal health concerns.

Note: Always follow your healthcare provider's advice regarding dosage and duration. If you experience any serious side effects, seek medical help immediately.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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