

Northplit 15 CR Tablet

Norethisterone (15mg) Tablet

Description

Norethisterone (15mg) is a synthetic progestogen, a form of the female hormone progesterone. It is primarily used to treat various menstrual disorders and manage certain gynecological conditions. By mimicking the effects of progesterone in the body, it helps regulate menstrual cycles, prevent abnormal uterine bleeding, and manage conditions like endometriosis or heavy menstrual bleeding.

Composition (per tablet)

- Norethisterone: 15mg
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Mechanism of Action

Norethisterone works by interacting with progesterone receptors in the uterus, influencing the hormonal environment that governs the menstrual cycle. This results in:

- **Regulation of Menstrual Cycles:** It helps in correcting irregular or absent menstrual cycles.
- **Treatment of Endometriosis:** Norethisterone reduces the growth of endometrial tissue outside the uterus, alleviating pain and other symptoms.
- **Prevention of Ovulation:** It inhibits the release of eggs from the ovaries

and thickens cervical mucus, offering contraceptive benefits when needed.

- **Reduction of Heavy Menstrual Bleeding:** By altering the uterine lining, it helps to control and reduce excessive bleeding during menstruation.
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Indications

Norethisterone 15mg is used in the following conditions:

- **Irregular Menstruation:** Helps to regulate menstrual cycles in women with irregular periods.
 - **Heavy Menstrual Bleeding (Menorrhagia):** Used to control excessive menstrual bleeding and prevent anemia.
 - **Endometriosis:** Reduces pelvic pain, cramps, and heavy bleeding associated with endometriosis.
 - **Premenstrual Syndrome (PMS):** Relieves symptoms such as mood swings, bloating, and irritability related to PMS.
 - **Contraception:** Norethisterone, when used with other contraceptive methods, can help prevent pregnancy.
 - **Delay of Menstruation:** Can be used to delay the onset of menstruation for special occasions or events, as prescribed by a healthcare provider.
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Dosage and Administration

- **Recommended Dose:**

- For delaying menstruation, take 1 tablet (15mg) three days before the expected period and continue taking it for up to 10-14 days, as directed by your doctor.
 - For menstrual disorders (e.g., heavy bleeding or irregular cycles), the dose is typically 1 tablet (15mg) taken two to three times daily, depending on the severity of the condition.
 - For endometriosis or PMS, the dosage and duration will be determined by the healthcare provider.
 - **Administration:**
 - Take the tablet orally with water.
 - You can take it with or without food.
 - It is important to follow the prescribed schedule and dosage regimen for the best results.
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Contraindications

Do not take Norethisterone 15mg if you have:

- **Hypersensitivity to norethisterone or any of its ingredients.**
- **Active or past history of blood clots (e.g., deep vein thrombosis, stroke, pulmonary embolism, heart attack).**
- **Liver disease or severe liver impairment.**
- **Hormone-sensitive cancers (e.g., breast, uterine, ovarian cancer).**
- **Unexplained vaginal bleeding or abnormal bleeding.**

- **Pregnancy:** Norethisterone should not be used during pregnancy. If you think you are pregnant, consult your healthcare provider immediately.
 - **Breastfeeding:** Caution is required when using norethisterone during lactation. Consult your doctor for alternative treatments.
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Warnings and Precautions

- **Cardiovascular Risk:** Use with caution in individuals at risk for blood clots, stroke, or heart disease.
 - **Liver Health:** Regular monitoring of liver function may be needed in individuals with preexisting liver conditions.
 - **Pregnancy:** Ensure you are not pregnant before starting norethisterone. If pregnancy occurs during treatment, discontinue use immediately.
 - **Menstrual Changes:** Norethisterone may alter your menstrual cycle. Report any unusual bleeding patterns or missed periods to your healthcare provider.
 - **Blood Clots:** Use with caution in patients with a history of blood clots or those at high risk for thromboembolic events.
 - **Cancer:** Caution should be exercised in patients with a history of hormone-sensitive cancers, as norethisterone may influence the growth of such cancers.
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Adverse Effects

Common side effects include:

- **Gastrointestinal:** Nausea, bloating, abdominal discomfort, and changes in appetite.
- **Hormonal Effects:** Weight gain, mood changes, headaches, and acne.
- **Breast Symptoms:** Tenderness or swelling in the breasts.
- **Fatigue:** Feeling tired or drowsy.

Serious but rare side effects:

- **Liver Issues:** Yellowing of the skin or eyes (jaundice), dark urine, or severe abdominal pain.
- **Severe Headaches or Vision Changes:** Could indicate a stroke or retinal vein thrombosis.

If you experience any of these serious side effects, seek immediate medical attention.

Drug Interactions

- **Anticonvulsants (e.g., phenytoin, carbamazepine):** May reduce the effectiveness of norethisterone.
- **Antibiotics:** Some antibiotics (e.g., rifampin) may decrease norethisterone's effectiveness.
- **CYP450 Enzyme Inducers:** Medications like St. John's Wort can reduce norethisterone's action.
- **Anticoagulants:** Norethisterone may alter the activity of blood-thinning medications.
- **HIV Medications:** Some antiretroviral drugs may interact with norethisterone.

Always consult your healthcare provider before combining medications.

Storage

- Store at room temperature (15°C to 25°C), away from heat and moisture.
 - Keep in the original packaging to protect from light and moisture.
 - Keep out of reach of children.
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Key Points

- Norethisterone 15mg is a synthetic progestogen used to regulate menstrual cycles, manage menstrual disorders, and treat conditions like endometriosis.
 - It can also be used to delay menstruation and is helpful in managing symptoms of premenstrual syndrome (PMS).
 - It should be taken as prescribed by your healthcare provider, and regular check-ups are recommended to monitor for potential side effects.
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Note: Always follow the guidance of your healthcare provider regarding dosage, duration, and potential interactions with other medications. If you experience any unusual side effects or health concerns, seek medical advice promptly.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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