

# Northplit 5 Tablet

## Norethisterone 5 mg Tablets

**Active Ingredient:** Norethisterone 5 mg per tablet

in situations such as emergency contraception.

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### Description:

Norethisterone (also known as norethindrone) is a synthetic form of the hormone progesterone, used in the management of various gynecological conditions. It helps regulate hormonal levels and provides therapeutic effects for menstrual irregularities and other related conditions.

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### Indications:

Norethisterone is prescribed for:

- **Menstrual Disorders:**
  - **Irregular Menstrual Cycles:** Norethisterone can help regulate cycles that are unpredictable or prolonged.
  - **Dysmenorrhea (Painful Periods):** It can alleviate the pain and discomfort associated with menstruation.
  - **Premenstrual Syndrome (PMS):** To reduce symptoms such as mood swings, bloating, and irritability.
- **Endometriosis:** Norethisterone helps control endometrial tissue growth and reduces symptoms like pelvic pain, bleeding, and inflammation.
- **Menstrual Suppression:** Norethisterone can be used to delay menstruation for specific situations, like holidays or events. It provides the option of postponing menstruation safely for up to several weeks, as recommended by a healthcare provider.
- **Contraception:** Although not a first-line contraceptive, norethisterone is sometimes used in conjunction with other hormonal methods for specific types of birth control needs, or

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### Dosage and Administration:

- **For Menstrual Irregularities and Dysmenorrhea:**
  - **Usual Dose:** One 5 mg tablet to be taken daily from **day 5 to day 25** of the menstrual cycle.
  - **Duration:** Typically, treatment lasts 20 days per cycle unless otherwise advised by a healthcare provider.
- **For Endometriosis:**
  - One tablet (5 mg) per day, taken continuously or intermittently, depending on the doctor's instructions. Long-term use may be required for symptom management.
- **To Delay Menstruation:**
  - Start taking 5 mg daily **three days before the expected start of your period**, and continue until you wish to delay menstruation. This can typically be done for up to 14-21 days, after which normal menstruation will resume.
- **Contraception:**
  - If prescribed for contraception, norethisterone is typically combined with other methods such as barrier contraceptives or hormonal birth control. Follow your healthcare provider's guidance for use.

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### Precautions and Warnings:

Before using Norethisterone, inform your doctor if you have any of the following:

- **Allergic Reactions:** If you are allergic to norethisterone or any of the tablet's excipients.

- **Pregnancy:** Norethisterone should not be used during pregnancy unless deemed absolutely necessary by a healthcare provider.
- **Breastfeeding:** It is advised to avoid using norethisterone while breastfeeding, as it may be passed into breast milk.
- **Cardiovascular and Thromboembolic Risk:** Use with caution if you have a history of:
  - Heart disease, stroke, blood clots, or high blood pressure.
  - Severe varicose veins or a family history of blood clotting disorders.
- **Liver Disease:**  
If you have liver disease, a liver tumor, or any form of liver dysfunction, norethisterone may be contraindicated.
- **Cancer History:**  
Do not use if you have a history of hormone-sensitive cancers, including breast, ovarian, or uterine cancer.
- **Diabetes:**  
If you have diabetes, use under medical supervision as hormonal treatments can affect blood sugar levels.
- **Mental Health Conditions:**  
Those with a history of depression or mental health disorders should consult their healthcare provider before starting treatment.

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## Side Effects:

Most people tolerate norethisterone well, but some may experience side effects. Common side effects include:

- **Gastrointestinal:** Nausea, bloating, abdominal cramps, or weight gain.
- **Menstrual:** Changes in bleeding patterns, including spotting or missed periods.
- **Mood and Emotional Changes:** Irritability, mood swings, and mild depression.
- **Headache and Dizziness:** Some individuals may experience headaches or dizziness, especially during the early phases of treatment.

Serious side effects that require immediate medical attention:

- **Severe Abdominal Pain:** This may indicate a serious side effect like liver problems.
- **Vaginal Bleeding:** Unusual or persistent bleeding that isn't related to your menstrual cycle.
- **Jaundice:** Yellowing of the skin or eyes.
- **Vision Problems:** Sudden blurred vision or loss of vision.
- **Signs of Blood Clots:** Swelling, redness, pain, or tenderness in the leg, chest pain, shortness of breath, or coughing up blood.

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## Drug Interactions:

Norethisterone may interact with other medications, including:

- **Antibiotics:** Some antibiotics can reduce the effectiveness of norethisterone.
- **Anticonvulsants:** Drugs used to treat epilepsy may reduce the effectiveness of norethisterone.
- **Antifungal Medications:** Certain antifungals may alter how the body processes norethisterone.

Always inform your healthcare provider of any other medications or supplements you are taking.

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## Overdose:

In case of an overdose, contact your healthcare provider or the nearest emergency department immediately. Symptoms of overdose may include nausea, vomiting, dizziness, or unexpected vaginal bleeding.

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## Storage:

- **Temperature:** Store at room temperature, below 25°C (77°F).
- **Packaging:** Keep the tablets in their original packaging to protect from moisture.

- **Children:** Keep out of reach of children. Do not store in the bathroom.
  - **Expiration:** Check the expiration date before use. Do not use after the expiry date has passed.
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## **General Information:**

- This medication should be used strictly according to your doctor's instructions.
- Regular check-ups and health evaluations are recommended to ensure the medication is effective and safe for you.
- If you have any questions or concerns regarding your treatment with norethisterone, please consult with your healthcare provider.

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

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