



TYPES OF ANTAGONISTS

1. LOW-DOSE - ELAGOLIX (ORILISSA™) 150 MILLIGRAMS ONCE DAILY
2. HIGH-DOSE - ELAGOLIX (ORILISSA™) 200 MILLIGRAMS TWICE DAILY
3. COMBINATION THERAPY - RELUGOLIX (MYFEMBREE™) 40 MILLIGRAMS ONCE DAILY + ADDBACK (SMALL AMOUNT OF ESTROGEN/PROGESTERONE)

Q : HOW DO I START THIS MEDICATION?

- Take by mouth daily, without any breaks
- Take with or without food at around the same time
- Start at the beginning of your next period or in the first week of your period. This is to ensure you are not pregnant when starting this medication.

Q : HOW DO THEY WORK?

Antagonists work on the brain to decrease or shut down hormone release, which decreases the estrogen and progesterone in your body. In some instances, people will stop having periods.

Q. HOW DO ANTAGONISTS HELP?

- ↓ period pain from endometriosis
- ↓ pelvic pain between periods
- ↓ pain with sex (only with high-dose and combination therapy)
- ↓ heavy periods from uterine fibroids (combination therapy only)
- ↓ pressure symptoms from fibroids (combination therapy only)



Q : WHAT IS THE COST?

Most drug plans cover this medication for treatment of fibroids and endometriosis. There is some financial assistance for those without a health plan which gives some coverage - speak to your doctor about this.

Q : WHAT ABOUT FERTILITY?

The medication is temporary and reversible. Although you should not get pregnant on antagonists, once the medication is stopped, your period will return within approximately 6 weeks. There is no impact on fertility.

Q : ARE THERE LONG TERM EFFECTS OF THIS MEDICATION?

There is a risk of reduced bone density with most endometriosis medications which usually reverses when medications are stopped.

Q : WHAT ARE THE COMMON SIDE EFFECTS?

- Antagonists are well tolerated
- Headaches, hot flashes, irregular bleeding, mood changes are the typical side effects reported.
- Give it a chance for at least 3 months as side effects get better.



Q : HOW LONG SHOULD I BE ON THIS MEDICATION?

Endometriosis is a chronic condition and medications are used long term as long as it is helping your symptoms. For high dose antagonists, your doctor may prescribe "add-back" therapy to allow you to use it longer term.

WILL I GAIN WEIGHT?

There is NO evidence that these medications cause weight gain.



SUPPORT YOUR BONE HEALTH BY:

- Taking Vitamin D 2,000 IU daily
- Taking Calcium 1,200mg daily either from food or supplements
- Doing weight-bearing exercises (weights, squats, running, etc)

SEE GYNQI.COM/ENDOMETRIOSIS FOR MORE INFORMATION

Q: WHAT DO I USE FOR CONTRACEPTION?

These medications are NOT approved forms of birth control. Use additional contraception methods such as condoms or an IUD.