

GNRH ANTAGONIST COMBINATION THERAPY FOR ENDOMETRIOSIS AND HEAVY PERIODS

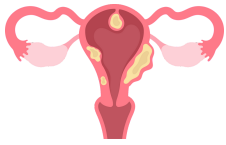
INFORMATION FOR PATIENTS

Relugolix (Myfembree™) is an antagonist combined with “add-back” - a small amount of estrogen/progesterone to prevent side effects all in a single pill.

IMPORTANT:
Take this medication continuously without breaks every day with or without food.

Q: What is it used for?

1. Heavy periods from uterine fibroids
2. Pelvic pain caused by endometriosis



Q: How does it work?

It is a powerful antihormone that works on the brain to shut off the hormones that supply your ovaries. This will ↓ estrogen and progesterone shrinking endometriosis and fibroids. It has a small amount of estrogen and progesterone, giving “add-back” to prevent common side effects and for bone protection with longer use.

The medication is **very well tolerated**. In studies, <5% of patients stopped the medication due to side effects. Side effects tend to improve with time as your body adjusts.

Q: When will I see results?

- Endometriosis pain will ↓ after 2 months
- ↓ bleeding from fibroids may take up to 3 months



Q: What will happen to my periods?

Most will have lighter periods and up to 50% will have **no** periods.

This can:

- ↑ blood counts and iron levels
- ↓ pressure/bloating
- ↓ pelvic pain

Q: What about side effects?

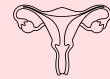
Common side effects include:



Headaches



Hot flashes



Irregular bleeding

Q: What about contraception?

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

WILL I GAIN WEIGHT?

There is **NO** evidence that these medications cause weight gain. Experiences with medications can vary between patients.

Q: Who should not take this medication?

- Pregnant or breastfeeding women
- History of blood clot in lung or legs
- History of breast cancer
- History of heart attacks



Q: How long should I take it for?

It is currently approved for use for 2 years. Your doctor may discuss longer term use with monitoring of your bones. Remember, endometriosis is a chronic condition that requires long-term treatment. Your doctor may order bone mineral density test to monitor your bone health if you are going to be on it for a longer time.

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.

ALWAYS 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)



Q: What happens when I stop the medication?

Your period should return in approximately 6 weeks as the effects are temporary and reversible. Endometriosis and fibroid symptoms can gradually increase once medication is stopped. There is no negative impact on fertility.

See GYNQI.COM for more information:
About [heavy periods and fibroids](#)
About [endometriosis](#)