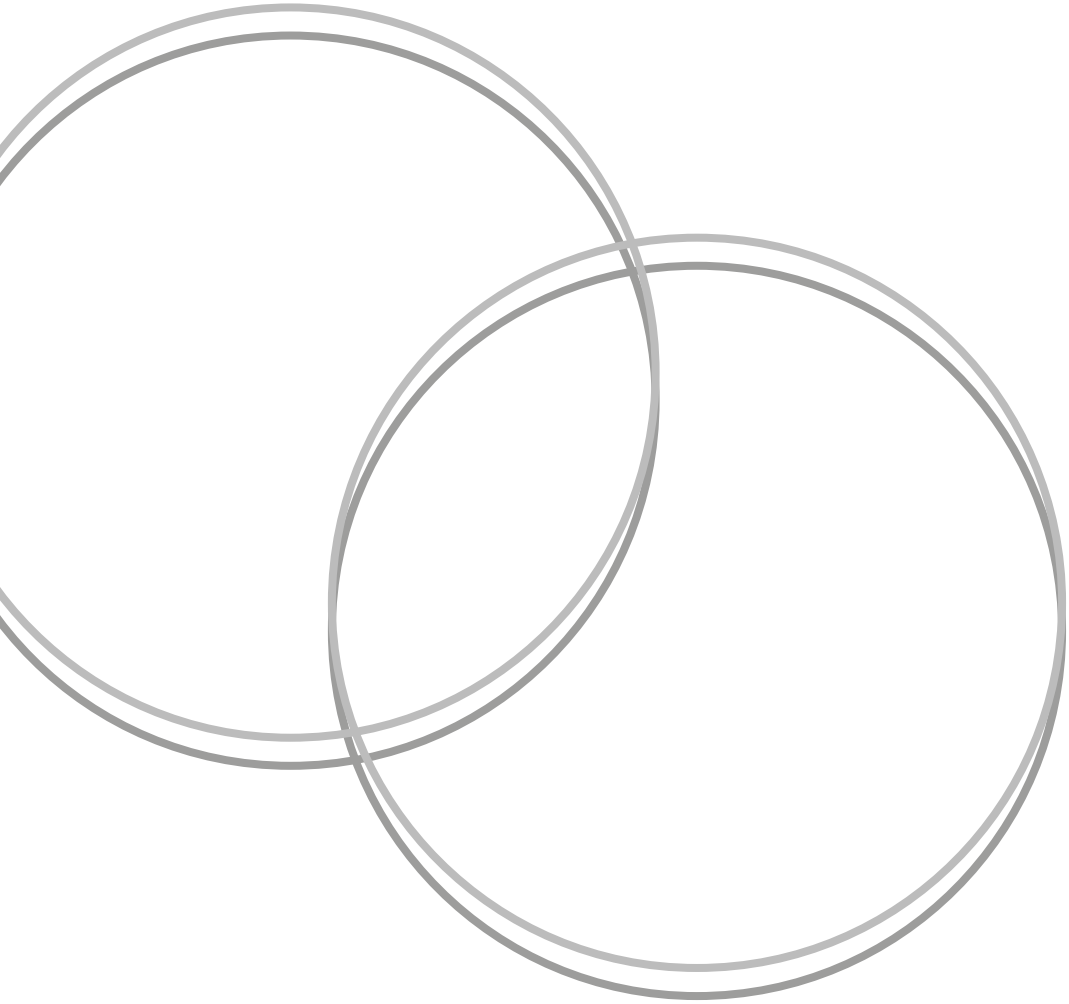
NHS
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Ryeqo for symptoms of Endometriosis or Fibroids

Information for patients



This leaflet provides important information about Ryeqo and answers some common questions. Further information can be found in the manufacturer's patient information leaflet or please ask your Gynaecologist, Specialist Nurse or Pharmacist.

Why have I been started on this medication?

Your Gynaecologist has recommended that you take Ryeqo to help you with symptoms caused by endometriosis or fibroids.

Endometriosis is when tissue similar to that lining the uterus (womb), grows outside the uterus, most commonly in the pelvis or abdomen. Because the tissue growing outside the uterus still responds to menstrual cycle hormones, it changes with your cycle and can cause pain and inflammation.

Fibroids, also called myomas or leiomyomas, are non-cancerous growths inside or around the uterus. Some people who have fibroids do not notice any problems, but others may experience symptoms such as heavy or painful periods, pain in the lower abdomen, lower back pain or constipation.

How does Ryeqo work?

Ryeqo is a single tablet containing three different medicines. These are called relugolix, estradiol, and norethisterone acetate.

- Relugolix works by reducing how much oestrogen and progesterone is produced by your ovaries.
- Oestrogen and progesterone are the female hormones that regulate your menstrual cycle and help prepare your body for pregnancy if needed. Levels of these hormones reduce naturally at menopause.
- Although oestrogen has an important role in your body, it can also make fibroids and endometriosis grow, which makes symptoms worse. By reducing oestrogen levels, relugolix can help to:
  - » ease pain caused by fibroids and endometriosis
  - » shrink fibroids
  - » reduce heavy bleeding
- Reducing oestrogen and progesterone helps symptoms of fibroids and endometriosis but causes side effects similar to the menopause. These include mood changes, hot flushes and loss of bone strength. To help prevent this Ryeqo also contains small doses of hormones similar to oestrogen (estradiol) and progesterone (norethisterone).

Taking all three medicines together keeps your hormonal levels steady at the level they would be at the beginning of your menstrual cycle. Steady levels help your symptoms while protecting the strength of your bones. Ryeqo also acts as a contraceptive once you have been taking it for a whole month.

Is Ryeqo suitable for everyone?

To help your Gynaecologist decide if Ryeqo is right for you, tell them if you:

- Are at high risk of blood clot, have ever had a blood clot, or have a clotting disorder
- Have:
  - » high blood pressure
  - » ever had a heart attack, stroke or severe prolonged chest pain
  - » osteoporosis
  - » severe headaches or migraines
  - » depression or have previously suffered from depression
  - » ever had cancer of the breast or sexual organs such as uterus or ovaries
  - » kidney or liver disease
- Could be pregnant or are breastfeeding

Also tell your doctor about any other medicines you take including any herbal supplements.

What are the side effects?

Very Common: headache, hot flushes and vaginal bleeding. One person in every ten who takes Ryeqo might get these.

Common: loss of libido (low sex drive), dizziness, nausea, hair loss, excessive sweating, night sweats, joint pain and vaginal dryness. Between one and ten people out of every 100 people who take Ryeqo might get these.

Frequency unknown: blood clots in veins or arteries. The use of medicines with oestrogen and progesterone-like ingredients is known to increase the risk of blood clots (thromboembolism). Because Ryeqo stops production of your own oestrogen and progesterone and only adds back a low level of hormones the risk is thought to be low. However Ryeqo is not suitable for you if you have had a blood clot before or have other conditions that put you at higher risk of having one.

Some conditions that put you at higher risk of a blood clot:

- Obesity (body mass index [BMI] over 30 kg/m2)
- Age over 35 years – risk increases with increasing age
- Smoking
- Diabetes
- High blood pressure and some heart conditions
- Family history of thrombosis or clotting disorder
- Being unable to move around for 3 days or more, for example being ill in bed
- Major surgery or major trauma.

If you become unwell and are unable to move around for 3 days or more you should talk to your doctor about stopping Ryeqo temporarily. If you are due for planned surgery make sure the team know you are on Ryeqo as they may tell you to stop it beforehand.

If you have a blood clot you will have to stop taking Ryeqo straight away. It is possible to get pregnant almost straight away after stopping Ryeqo, for more advice see sections Ryeqo and Contraception and Ryeqo and Pregnancy below.

What do I do if I experience side effects?

You will have a review with a member of your hospital gynaecology team 3 months after starting Ryeqo, please discuss any side effects with them. If unwanted effects appear after your review please discuss them with your GP in the first instance.

How do I take Ryeqo?

The dose is one tablet once daily at the same time every day, with or without food. To help you to remember to take your tablet choose a time of day that suits you.

How and where do I get the tablets?

The hospital Gynaecologist who starts you on Ryeqo will prescribe you a 3 month supply. You will have a review with a member of the Gynaecology team at around 3 months, which might be in person or over the phone. If you are both happy that Ryeqo is suitable for you the Gynaecologist will prescribe a further 2 months' supply and write to your GP who will then provide further prescriptions.

How long does it take to work?

It usually takes two to three months to see an improvement; some people continue to experience further improvement for a few months after that.

How long will I be taking it for?

If you and your Gynaecologist are both happy that Ryeqo is suitable for you then you can take it until your menopause. At menopause your levels of oestrogen drop naturally and most people find that their symptoms improve at this point. Some people might need to stop taking Ryeqo earlier if they get side effects, or if you or your doctor decide it is not the best treatment for you. Talk to your doctor before stopping Ryeqo for any reason, but especially if it is possible you could become pregnant. This is because once you stop Ryeqo the contraceptive effect stops almost straight away. For more information see Ryeqo and Contraception and Ryeqo and Pregnancy sections below.

What if I forget a dose?

If you forget a tablet take it as soon as you remember. Take the next tablet at the usual time the following day. Do not take a double dose to make up for any missed tablets. If you miss two tablets in a row you will not be protected against pregnancy. If you miss two tablets you must use a non-hormonal method of contraception (for example condoms) for the next 7 days while you continue to take Ryeqo as usual.

Do I need any special checks while I'm on Ryeqo?

When you have been taking Ryeqo for a year you should have a bone density scan (also called a DEXA) to check your bone strength. The scan is quick and painless and is to check that Ryeqo is not affecting your bones. The results from a bone density scan are usually used alongside a fracture risk assessment to assess your chances of osteoporosis and breaking a bone. Whilst you are taking Ryeqo you should have yearly reviews of your treatment which should include assessment of fracture risk.

Your Gynaecologist will talk to you about having a DEXA scan when you attend your 3-month review if you both agree you should continue with Ryeqo.

Ryeqo and contraception

Ryeqo acts as a contraceptive once you have taken it for a month.

During the first month of taking Ryeqo you should use non-hormonal methods of contraception (for example condoms) if necessary to prevent pregnancy.

Ryeqo should NOT be taken with hormonal contraception ("the pill").

Once you stop taking Ryeqo it is possible to get pregnant almost straight away.

If you miss two tablets in a row you will not be protected against pregnancy. You must use a non-hormonal method of contraception (for example condoms) for the next 7 days while you continue to take Ryeqo as usual.

Ryeqo and pregnancy

There is no information on the safety of Ryeqo during pregnancy and you should not take Ryeqo if you are pregnant.

If you would like to plan a pregnancy discuss this with your doctor before stopping Ryeqo.

While you are taking Ryeqo you may have lighter, shorter periods or no periods at all. This can make it harder to recognise if you become pregnant. If you suspect you could be pregnant do a pregnancy test and if you get a positive result stop taking Ryeqo straight away and contact your GP or specialist team.

Where can I get more information and support?

If you have any concerns about your treatment that cannot wait until your three-month review please contact the gynaecology department:

Telephone: 01865 231571 (Monday to Friday 9am-4pm)

Email: **Gynae.Secretaries@ouh.nhs.uk**

After this please speak to your GP in the first instance.

You can find more information in the manufacturer's patient information leaflet (PIL), in each pack of Ryeqo, or search for Ryeqo online at **www.medicines.org.uk/emc/browse-medicines**.

More about endometriosis and fibroids can be found on the NHS website under Health A to Z, conditions A to Z.

www.nhs.uk/health-a-to-z/

www.nhs.uk/conditions/endometriosis/

www.nhs.uk/conditions/fibroids/

More information about DEXA scans can be found on the NHS website under Health A to Z, tests and treatments A to Z.

Bone density scan (DEXA scan) - NHS
www.nhs.uk/tests-and-treatments/dexa-scan/

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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