



For patients who have been prescribed Femoston®-conti 0.5mg/2.5mg

## What is Femoston®-conti?

**Femoston®-conti is an oral Hormone Replacement Therapy (HRT).**

**It contains two types of female hormones, an oestrogen called estradiol and a progestogen called dydrogesterone.**



**Femoston®-conti** is indicated for oestrogen deficiency symptoms for postmenopausal women at least 12 months since their last period.

### What is oestrogen for?

During the menopause, oestrogen levels drop causing symptoms like hot flushes and night sweats.

**Femoston®-conti** relieves these symptoms by replacing the oestrogen that the body is no longer producing.

### What is progestogen for?

Women who have an intact womb need progestogen in their HRT.

Without it, oestrogen-only HRT could cause excessive thickening of the lining of the womb and increase the risk of womb cancer. The addition of progestogen reduces this extra risk.



### Possible side effects

Like all medicines, Femoston®-conti can cause side effects to some, although not everybody gets them. If you experience any side effects, or if you have any questions regarding your medication, please talk to your healthcare professional.

Once you have started on Femoston®-conti you should see your doctor for regular check-ups at least once a year and go for regular breast screening, as recommended by your doctor.

#### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via <https://yellowcard.mhra.gov.uk/>. By reporting side effects, you can help provide more information on the safety of this medicine.

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### When to take special care with Femosto-conti®

#### Breast cancer

Evidence shows that taking combined oestrogen-progestogen or oestrogen-only hormone replacement therapy (HRT) increases the risk of breast cancer. The extra risk depends on how long you use HRT.

After stopping HRT the extra risk will decrease with time, but the risk may persist for 10 years or more if you have used HRT for more than 5 years.

#### Thrombosis

The risk of blood clots in the veins (thrombosis) is about 1.3 to 3-times higher in HRT users than in non-users, especially during the first year of taking it. Blood clots can be serious, and if one travels to the lungs, it can cause chest pain, breathlessness,

fainting or even death. See your doctor immediately, if you notice possible signs of a thrombosis.

#### Other medicines and Femoston®-conti

Some medicines may interfere with the effect of Femoston®-conti. This might lead to irregular bleeding.

This applies to the following medicines:

- Medicines for epilepsy (such as phenobarbital, phenytoin and carbamazepine)
- Medicines for tuberculosis (such as rifampicin and rifabutin)
- Medicines for HIV infection (such as nevirapine, efavirenz, ritonavir and nelfinavir)
- Herbal remedies containing St John's Wort (*Hypericum perforatum*).

## How to take Femoston®-conti 0.5/2.5mg

DAYS  
1-28

- Take one yellow-coloured tablet every day without a break between packs. These contain both oestrogen and progestogen.
- The blisters are marked with the days of the week. This makes it easier to remember when to take your tablets.
- Each blister pack has 28 tablets.

- Always take Femoston®-conti exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.
- Women new to HRT, or women who switch from a continuous combined HRT, can start Femoston®-conti on any day of the week.
- Those changing from another sequential regimen can start once their current blister pack has finished.



Please note that women may have irregular bleeding or spotting during the first 3-6 months of taking Femoston®-conti.

If this persists or if you have any concerns please talk to a doctor.

DAY 1-28 Contains 0.5mg oestradiol plus 2.5mg dydrogesterone



Only take one tablet every day



Swallow the tablet with water



Can be taken with or without food



Try to take the tablet at the same time each day



No break between packs

Always read the patient information leaflet. If you forget to take your tablet at the usual time, take it within the next 12 hours. If more than 12 hours have gone by, start again as normal the next day. Do not take a double dose to make up for a forgotten tablet. Forgetting a dose may increase the likelihood of bleeding and spotting.

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