





ADULT

NORETHISTERONE

This document should be read in conjunction with this [DISCLAIMER](#)

Presentation	<p>Tablets: 350microg Tablets: 5mg</p> <p>Combination products:</p> <p>Tablets (Norimin 28®): norethisterone 500microg with ethinylestradiol 35microg</p> <p>As part of HRT: see Estrogen (Oestrogen) HRT</p>
Dose	<p><u>Contraception</u></p> <p>Oral:</p> <p><i>Progesterone only pill (POP): 350microg daily</i></p> <p><i>Combined oral contraceptive pill (COCP): ONE tablet daily</i></p> <p><u>Endometriosis</u></p> <p>Oral:</p> <p>5-10mg once daily for at least 4-6 months</p> <p><u>Menstrual disorders (e.g. heavy menstrual bleeding)</u></p> <p>Oral:</p> <p><i>Initially:</i> 5mg 3 times daily for 10 days. Higher doses have been used; seek specialist advice.</p> <p><i>To prevent recurrence (anovulatory):</i> 5mg once or twice daily for 10-14 days in second half of cycle</p> <p><i>To prevent recurrence (ovulatory):</i> 5mg 3 times daily for days 5-26 of cycle</p> <p><u>Hormone replacement therapy (HRT)</u></p> <p>Oral:</p> <p>1.25mg daily for 10-14 days each month, to be taken with continuous estrogen.</p> <p>Refer to Estrogen (Oestrogen) HRT</p>

Administration	<p><u>Oral</u></p> <p>To be taken at the same time each day (or within 3 hours of the usual dose time).</p> <p>For Contraception: Start 4 weeks after the birth of baby (increased risk of abnormal vaginal bleeding if started earlier)</p>
Pregnancy	<p>1st Trimester: Contraindicated</p> <p>2nd Trimester: Contraindicated</p> <p>3rd Trimester: Contraindicated</p>
Breastfeeding	Considered safe to use. Progestogens are the preferred hormonal contraceptives as they do not inhibit lactation.
Clinical Guidelines and Policies	<p>Estrogen (Oestrogen) HRT</p> <p>Progesterone Only Pill</p> <p>Contraception: Post Partum</p> <p>Gynaecology (Non-Oncological)</p>
References	<p>Australian Medicines Handbook. Norethisterone. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2017 Apr 12]. Available from: https://amhonline.amh.net.au/</p> <p>The Royal Women's Hospital. Norethisterone. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2016 [cited 2017 Apr 12]. Available from: https://thewomenspbmg.org.au/</p>

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