ADULT MEDICATION GUIDELINE

NORETHISTERONE

| Scope (Staff): | All WNHS Staff |
| Scope (Area):  | Obstetrics and Gynaecology |

This document should be read in conjunction with the Disclaimer.

Quick Links

| Dose | Administration | Monitoring | Pregnancy and Breastfeeding |

Restrictions

Formulary: Unrestricted

Medication Class

Progestogens

Presentation

Tablet: 350microg
Tablet: 5mg

Other tablets containing norethisterone are listed in Estrogen (HRT)

Storage

Store at room temperature, below 25°C

Dose

Contraception

Oral:

Progestrone only pill (POP): 350microg once daily at the same time each day

Endometriosis

Oral:

5-10mg once daily for at least 4-6 months.
Menstrual disorders (e.g. heavy menstrual bleeding)

Oral:

To stop bleeding
5-10mg every 4-8 hours until bleeding stops

To prevent recurrence
Anovulatory/irregular bleeding: 5mg once or twice daily for the same 12 days of each calendar month.

Ovulatory/regular bleeding: 5mg 3 times daily on days 5-26 of a 28 day cycle.

Delay of menstruation

Oral:

Start 3-5 days before expected menstruation.
5mg 2 or 3 times daily for up to 14 days (bleeding starts 2-3 days after stopping tablets).

HRT

Oral:

1.25mg once daily for 10-14 days of each month with continuous estrogen.

Pregnancy

1st Trimester: Contraindicated
2nd Trimester: Contraindicated
3rd Trimester: Contraindicated

For more information, please contact KEMH Obstetric Medicines Information Service.

Breastfeeding

Considered safe to use

For more information, please contact KEMH Obstetric Medicines Information Service.

Related Policies, Procedures & Guidelines

Heavy Menstrual Bleeding Clinical Care Standard

WNHS Clinical Practice Guidelines:

Menstrual bleeding: Heavy
Menopause & menopausal symptoms
Contraception

WNHS Pharmaceutical and Medicines Management Guidelines:

Estrogen (oestrogen) HRT
Norethisterone

References


Keywords
Norethisterone, progesterone, POP, HRT, primolut, HMB, endometriosis, menorrhagia, contraception

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NSQHS Standards Applicable:
- □ Std 1: Clinical Governance
- □ Std 2: Partnering with Consumers
- □ Std 3: Preventing and Controlling Healthcare Associated Infection
- □ Std 4: Medication Safety
- □ Std 5: Comprehensive Care
- □ Std 6: Communicating for Safety
- □ Std 7: Blood Management
- □ Std 8: Recognising and Responding to Acute Deterioration

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Adult Medication Guideline  Page 3 of 4