



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:

Progesterone 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](#)

References

Australian Medicines Handbook. Norethisterone. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2021 [cited 2021 Jul 28]. Available from: <https://amhonline.amh.net.au/>

Therapeutic Guidelines. Acute pain: perioperative. In: eTG complete [Internet]. West Melbourne (Victoria): Therapeutic Guidelines; 2020 [cited 2021 Jul 28]. Available from: <https://tgldcdp-tg-org-au.kelibresources.health.wa.gov.au/etgAccess>

The Royal Women's Hospital. Folic acid. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2021 [cited 2021 Jul 28]. Available from: <https://thewomenspbmg.org.au/>

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