PATIENT & CAREGIVER EDUCATION

# Estrone

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

## Brand Names: Canada

Estragyn

## Warning

- Do not use this drug to prevent heart disease or dementia. A study of women taking an estrogen with a progestin showed a raised chance of heart attack, stroke, blood clot, breast cancer, and dementia. The chance of stroke, blood clot, and dementia was also raised when the estrogen was taken alone. Not all products and doses were studied. It is not known if the same effects may happen with this drug.
- The risk of endometrial cancer may be raised with the use of estrogen alone in people who have a uterus. Use of a progestogen along with estrogen may lower the risk. Call your doctor right away if you have unusual vaginal bleeding. If you have a uterus, talk with your doctor about taking a progestogen.
- Use this drug for the shortest time needed at the lowest useful dose. Your doctor will talk with you on a regular basis to see if you need to keep taking this drug.

## What is this drug used for?

- It is used to treat vaginal irritation and dryness caused by low estrogen levels. If you have been given this drug for

some other reason, talk with your doctor for more information.

## What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you have ever had any of these health problems: Blood clots, breast cancer or other kind of cancer where hormones make it grow, heart attack, or stroke.
- If you have any of these health problems: Change in the cells lining your uterus, eyesight problems like loss of eyesight due to blood vessel problems in the eye, or migraines.
- If you have liver disease.
- If you have unexplained vaginal bleeding.
- If you are pregnant or may be pregnant. Do not take this drug if you are pregnant.
- If you are breast-feeding. Do not breast-feed while you take this drug.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs

(prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

## What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Talk with your doctor if you will need to be still for long periods of time like long trips, bedrest after surgery, or illness. Not moving for long periods may raise your chance of blood clots.
- Call your doctor right away if you have signs of a blood clot like chest pain or pressure; coughing up blood; shortness of breath; swelling, warmth, numbness, change of color, or pain in a leg or arm; or trouble speaking or swallowing.
- If you have high blood sugar (diabetes), talk with your doctor. This drug may raise blood sugar.
- Check your blood sugar as you have been told by your doctor.
- High blood pressure has happened with drugs like this

one. Have your blood pressure checked as you have been told by your doctor.

- Have blood work checked as you have been told by the doctor. Talk with the doctor.
- Be sure to have regular breast exams and gynecology check-ups. You will also need to do breast self-exams as you have been told.
- High triglyceride levels have happened with this drug. Tell your doctor if you have ever had high triglyceride levels.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- Latex condoms may not work to prevent pregnancy or disease when used with this drug. Do not use latex condoms while you are using this drug.
- Talk with your doctor before you drink alcohol.
- Avoid cigarette smoking. Smoking raises the chance of heart disease. Talk with your doctor.
- If you drink grapefruit juice or eat grapefruit often, talk with your doctor.
- This drug may cause dark patches of skin on your face. Avoid sun, sunlamps, and tanning beds. Use sunscreen

and wear clothing and eyewear that protects you from the sun.

- Ovarian cancer has rarely happened in some people taking a drug like this one. If you have questions, talk with the doctor.
- If you are 65 or older, use this drug with care. You could have more side effects.

## What are some side effects that I need to call my doctor about right away?

**WARNING/CAUTION:** Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of high blood sugar like confusion, feeling sleepy, unusual thirst or hunger, passing urine more often, flushing, fast breathing, or breath that smells like fruit.
- Signs of liver problems like dark urine, tiredness, decreased appetite, upset stomach or stomach pain,

light-colored stools, throwing up, or yellow skin or eyes.

- Signs of gallbladder problems like pain in the upper right belly area, right shoulder area, or between the shoulder blades; yellow skin or eyes; fever with chills; bloating; or very upset stomach or throwing up.
- Signs of high blood pressure like very bad headache or dizziness, passing out, or change in eyesight.
- Weakness on 1 side of the body, trouble speaking or thinking, change in balance, drooping on one side of the face, or blurred eyesight.
- Eyesight changes or loss, bulging eyes, or change in how contact lenses feel.
- A lump in the breast, breast pain or soreness, or nipple discharge.
- Vaginal itching or discharge.
- Vaginal bleeding that is not normal.
- Depression or other mood changes.
- Memory problems or loss.
- A heartbeat that does not feel normal.
- Trouble passing urine.
- A burning, numbness, or tingling feeling that is not normal.

- This drug may cause you to swell or keep fluid in your body. Tell your doctor if you have swelling, weight gain, or trouble breathing.

## What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Hair loss.
- Tender breasts.
- Stomach pain or cramps.
- Bloating.
- Upset stomach or throwing up.
- Feeling dizzy, tired, or weak.
- Appetite changes.
- Weight gain or loss.
- Lowered interest in sex.
- Muscle pain.
- Headache.
- Feeling nervous and excitable.
- Period (menstrual) changes. These include spotting or bleeding between cycles.

- Pimples (acne).
- Hair growth.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1- 800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

## How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Do not take this drug by mouth. For vaginal use only. Keep out of your mouth, nose, and eyes (may burn).
- Wash your hands and applicator after use.

## What do I do if I miss a dose?

- Skip the missed dose and go back to your normal time.
- Do not use 2 doses at the same time or extra doses.

## How do I store and/or throw out this drug?

- Store at room temperature. Do not freeze.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

## General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison

control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

## Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at

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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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