Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Relugolix, Estradiol, and Norethindrone

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: US

Myfembree

Brand Names: Canada

Myfembree

Warning

- This drug may raise the chance of blood clots, a stroke, or a heart attack. Talk with the doctor.
- Do not take this drug if you have or have ever had a blood clot or have been told you are at risk of getting a blood clot.
- Smoking cigarettes while using this drug raises the chance of severe heart and blood-related side effects. This chance is raised with age (mainly older than 35 years of age). It is also raised with the number of cigarettes smoked. It is strongly advised not to smoke. Do not use this drug if you smoke and are older than 35 years of age.
- If you have high blood pressure, talk with your doctor. This drug must not be used in people who have high blood pressure that is not controlled.

What is this drug used for?

- It is used in people who have not been through menopause to control heavy menstrual bleeding caused by uterine fibroids or to help manage pain caused by endometriosis. If you have been given this drug for some other reason, talk with the doctor.

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 any of these health problems: Blood vessel problems in the brain or heart; atrial fibrillation; a heart infection called endocarditis; heart attack or stroke; any other heart problems; liver problems; diabetes with kidney, eye, nerve, or blood vessel problems; severe headache or migraine; or soft, brittle bones (osteoporosis).
- If you have ever had breast cancer or another cancer where hormones make it grow.
- If you have unexplained vaginal bleeding.
- If you are using a hormone-based birth control.
- If you are taking rifampin.
- If you are pregnant or may be pregnant. Do not take this drug if you are pregnant.

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. This drug may need to be stopped before certain types of surgery as your doctor has told you. If this drug is stopped, your doctor will tell you when to start taking this drug again after your surgery or procedure.
- High blood pressure has happened with drugs like this one. Have your blood pressure checked as you have been told by your 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.
- 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.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- 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 cholesterol and triglyceride levels have happened with this drug. If you have high cholesterol or triglycerides, talk with your doctor.
- This drug may cause loss of bone density. This may happen more the longer the drug is used. Bone effects may not go back to normal after this drug is stopped. Have your bone density checked as you have been told by your doctor.
- Take calcium and vitamin D as you were told by your doctor.
- Do not take this drug for longer than you were told by your doctor.
- Hair loss and hair thinning can happen with this drug. It is not known if hair will go back to normal after this drug is stopped.
- This drug may stop you from having a period (menstrual bleeding) or cause

other changes in menstrual bleeding. This may make it hard to know if you are pregnant. Watch for other signs of pregnancy like tender breasts, weight gain, and upset stomach.

- This drug may cause harm to an unborn baby or loss of an unborn baby. A pregnancy test will be done before you start this drug to show that you are NOT pregnant.
- Use a non-hormone type of birth control like condoms to prevent pregnancy while taking this drug and for at least 1 week after your last dose. Do not use birth control pills or other hormone-based birth control while using this drug.
- If you have any signs of pregnancy or if you have a positive pregnancy test, call your doctor right away.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

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:

For all patients taking this drug:

- 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 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 high blood pressure like very bad headache or dizziness, passing out, or change in eyesight.

- 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 sugar like confusion, feeling sleepy, unusual thirst or hunger, passing urine more often, flushing, fast breathing, or breath that smells like fruit.
- 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.
- Bone pain.
- A lump in the breast, breast pain or soreness, or nipple discharge.
- New or worse behavior or mood changes like depression or thoughts of suicide.
- 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.

People with uterine fibroids:

- Fibroids can come out through the vagina all or part of the way. Call your doctor right away if you have cramping, severe stomach pain, or severe vaginal bleeding.

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:

- Hot flashes.
- Sweating a lot.
- Night sweats.

- Flushing.
- Period (menstrual) changes.
- Lowered interest in sex.
- Headache.
- Upset stomach.
- Tooth pain.
- Back pain.
- Joint pain.
- Feeling dizzy, tired, or weak.

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.

- Take this drug at the same time of day.
- Take with or without food.
- Start taking this drug during the first 7 days of your period (menstrual) cycle.
- Keep taking this drug as you have been told by your doctor or other health care provider, even if you feel well.
- Some drugs taken by mouth may need to be taken at some other time than this drug. Talk with your doctor or pharmacist to see if you need to take any of your other drugs at a different time than this drug.

What do I do if I miss a dose?

- Take a missed dose as soon as you think about it on the same day you missed the dose.
- If you do not think about the missed dose until the next day, skip the missed dose and go back to your normal time.
- Do not take 2 doses on the same day.

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

- Store at room temperature in a dry place. Do not store in a bathroom.
- 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 https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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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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