

Dinohub Tablet

Dienogest (2 mg) Tablet

Description

Dienogest is a synthetic progestin used in the treatment of various gynecological conditions, such as endometriosis, uterine fibroids, and irregular menstrual bleeding. It works by mimicking the effects of progesterone, a natural hormone, to regulate the menstrual cycle, reduce excessive bleeding, and inhibit the growth of endometrial tissue. Dienogest is often used for its anti-inflammatory and anti-proliferative effects on the endometrium, and can also be used in certain hormone replacement therapies.

- **Endometriosis:** To reduce the symptoms such as pelvic pain, dysmenorrhea, and dyspareunia (pain during intercourse).
- **Uterine fibroids:** To reduce the size and symptoms of fibroids, such as heavy menstrual bleeding.
- **Irregular menstrual bleeding:** To regulate menstrual cycles and reduce abnormal uterine bleeding.
- **Contraception:** In combination with estrogen, dienogest is used in hormonal contraceptive pills.
- **Hormone replacement therapy:** To manage menopausal symptoms when combined with estrogen in postmenopausal women.

Composition

Each tablet contains:

- **Dienogest: 2 mg**

Excipients: Q.S.

Dosage and Administration

- **Adults:**
 - **Endometriosis:** The recommended dosage is 1 tablet (2 mg) daily, continuously for 28 days, with or without food.
 - **Irregular Menstrual Bleeding:** 1 tablet daily for 21 days, followed by a 7-day break.
 - **Uterine Fibroids:** 1 tablet daily, with or without food, as prescribed by a doctor.
- **Administration:** Swallow the tablet whole with a glass of water. Take at the same time each day for consistent effect.
- **Missed Dose:** If a dose is missed, take it as soon as possible unless it is almost time for the next dose. Do not double the dose to make up for a missed dose.

Pharmacological Action

Dienogest is a progestin with selective actions on the progesterone receptor. It reduces the growth of endometrial tissue, making it particularly useful in the treatment of endometriosis. By inhibiting the growth of the endometrium and preventing its thickening, dienogest helps reduce symptoms such as pelvic pain, dysmenorrhea (painful menstruation), and abnormal bleeding. It also inhibits ovulation and modifies the cervical mucus, making it difficult for sperm to enter the uterus.

Contraindications

- **Pregnancy:** Not recommended during pregnancy.
- **Breastfeeding:** Caution is advised as dienogest is excreted in breast milk.
- **Liver disease:** Active liver disease such as hepatitis or cirrhosis.

Indications

Dienogest is indicated for the treatment of:

- **Breast cancer:** History or presence of hormone-dependent cancers, including breast cancer.
- **Undiagnosed vaginal bleeding:** Should be evaluated before starting treatment.
- **Hypersensitivity:** Known hypersensitivity to dienogest or any of the tablet's components.

- **Liver dysfunction:** Jaundice or severe abdominal pain.
- **Breast lumps or any other signs of breast cancer.**
- **Severe allergic reactions:** Rash, swelling, or trouble breathing.

Precautions

- **Thromboembolic disorders:** Caution is advised in patients with a history of blood clots or those with risk factors for thromboembolic events.
- **Liver disease:** Patients with hepatic impairment should be monitored, and the drug should be avoided if liver function is severely impaired.
- **Breast cancer:** Women with a history of hormone-sensitive cancers should use dienogest with caution and undergo regular breast examinations.
- **Cholesterol:** Monitor cholesterol levels, as progestins can affect lipid metabolism.
- **Pregnancy and Lactation:** Avoid use during pregnancy and breastfeeding unless clearly necessary.
- **Depression:** Some women may experience mood changes or depression, requiring careful monitoring.

Adverse Effects

- **Common:**
 - **Headache, nausea, and abdominal discomfort**
 - **Breast tenderness or pain**
 - **Acne or skin changes**
 - **Weight gain or fluid retention**
 - **Irregular menstrual bleeding or spotting**
 - **Mood swings or irritability**
- **Less common:**
 - **Dizziness, fatigue**
 - **Reduced libido**
 - **Increased blood pressure**
- **Serious but rare:**
 - **Blood clots:** Symptoms may include leg swelling, chest pain, or difficulty breathing.

Storage Instructions

- **Store at room temperature (15-30°C), away from light and moisture.**
- **Keep out of the reach of children.**
- **Do not use after the expiration date printed on the packaging.**

Presentation

- **Available in blister packs containing 28 tablets of Dienogest 2 mg.**

Note: Dienogest should be used under the supervision of a healthcare provider. Regular follow-up visits are recommended to monitor for any potential side effects, especially in long-term use.

Manufactured in India for.

CafoliTM
L I F E C A R E

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(An ISO 9001: 2015 Certified Co.)

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