

Northplit 5 Tablet

Norethisterone 5 mg Tablets

Active Ingredient: Norethisterone 5 mg per tablet

in situations such as emergency contraception.

Description:

Norethisterone (also known as norethindrone) is a synthetic form of the hormone progesterone, used in the management of various gynecological conditions. It helps regulate hormonal levels and provides therapeutic effects for menstrual irregularities and other related conditions.

Indications:

Norethisterone is prescribed for:

- **Menstrual Disorders:**
 - **Irregular Menstrual Cycles:** Norethisterone can help regulate cycles that are unpredictable or prolonged.
 - **Dysmenorrhea** (Painful Periods): It can alleviate the pain and discomfort associated with menstruation.
 - **Premenstrual Syndrome (PMS):** To reduce symptoms such as mood swings, bloating, and irritability.
- **Endometriosis:** Norethisterone helps control endometrial tissue growth and reduces symptoms like pelvic pain, bleeding, and inflammation.
- **Menstrual Suppression:** Norethisterone can be used to delay menstruation for specific situations, like holidays or events. It provides the option of postponing menstruation safely for up to several weeks, as recommended by a healthcare provider.
- **Contraception:** Although not a first-line contraceptive, norethisterone is sometimes used in conjunction with other hormonal methods for specific types of birth control needs, or

Dosage and Administration:

- **For Menstrual Irregularities and Dysmenorrhea:**
 - **Usual Dose:** One 5 mg tablet to be taken daily from **day 5 to day 25** of the menstrual cycle.
 - **Duration:** Typically, treatment lasts 20 days per cycle unless otherwise advised by a healthcare provider.
- **For Endometriosis:**
 - One tablet (5 mg) per day, taken continuously or intermittently, depending on the doctor's instructions. Long-term use may be required for symptom management.
- **To Delay Menstruation:**
 - Start taking 5 mg daily **three days before the expected start of your period**, and continue until you wish to delay menstruation. This can typically be done for up to 14-21 days, after which normal menstruation will resume.
- **Contraception:**
 - If prescribed for contraception, norethisterone is typically combined with other methods such as barrier contraceptives or hormonal birth control. Follow your healthcare provider's guidance for use.

Precautions and Warnings:

Before using Norethisterone, inform your doctor if you have any of the following:

- **Allergic Reactions:** If you are allergic to norethisterone or any of the tablet's excipients.

- **Pregnancy:** Norethisterone should not be used during pregnancy unless deemed absolutely necessary by a healthcare provider.
 - **Breastfeeding:** It is advised to avoid using norethisterone while breastfeeding, as it may be passed into breast milk.
 - **Cardiovascular and Thromboembolic Risk:** Use with caution if you have a history of:
 - Heart disease, stroke, blood clots, or high blood pressure.
 - Severe varicose veins or a family history of blood clotting disorders.
 - **Liver Disease:**
If you have liver disease, a liver tumor, or any form of liver dysfunction, norethisterone may be contraindicated.
 - **Cancer History:**
Do not use if you have a history of hormone-sensitive cancers, including breast, ovarian, or uterine cancer.
 - **Diabetes:**
If you have diabetes, use under medical supervision as hormonal treatments can affect blood sugar levels.
 - **Mental Health Conditions:**
Those with a history of depression or mental health disorders should consult their healthcare provider before starting treatment.
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Side Effects:

Most people tolerate norethisterone well, but some may experience side effects. Common side effects include:

- **Gastrointestinal:** Nausea, bloating, abdominal cramps, or weight gain.
- **Menstrual:** Changes in bleeding patterns, including spotting or missed periods.
- **Mood and Emotional Changes:** Irritability, mood swings, and mild depression.
- **Headache and Dizziness:** Some individuals may experience headaches or dizziness, especially during the early phases of treatment.

Serious side effects that require immediate medical attention:

- **Severe Abdominal Pain:** This may indicate a serious side effect like liver problems.
 - **Vaginal Bleeding:** Unusual or persistent bleeding that isn't related to your menstrual cycle.
 - **Jaundice:** Yellowing of the skin or eyes.
 - **Vision Problems:** Sudden blurred vision or loss of vision.
 - **Signs of Blood Clots:** Swelling, redness, pain, or tenderness in the leg, chest pain, shortness of breath, or coughing up blood.
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Drug Interactions:

Norethisterone may interact with other medications, including:

- **Antibiotics:** Some antibiotics can reduce the effectiveness of norethisterone.
- **Anticonvulsants:** Drugs used to treat epilepsy may reduce the effectiveness of norethisterone.
- **Antifungal Medications:** Certain antifungals may alter how the body processes norethisterone.

Always inform your healthcare provider of any other medications or supplements you are taking.

Overdose:

In case of an overdose, contact your healthcare provider or the nearest emergency department immediately. Symptoms of overdose may include nausea, vomiting, dizziness, or unexpected vaginal bleeding.

Storage:

- **Temperature:** Store at room temperature, below 25°C (77°F).
- **Packaging:** Keep the tablets in their original packaging to protect from moisture.

- **Children:** Keep out of reach of children. Do not store in the bathroom.
 - **Expiration:** Check the expiration date before use. Do not use after the expiry date has passed.
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General Information:

- This medication should be used strictly according to your doctor's instructions.
- Regular check-ups and health evaluations are recommended to ensure the medication is effective and safe for you.
- If you have any questions or concerns regarding your treatment with norethisterone, please consult with your healthcare provider.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,
Panchkula-134113

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