

Kliovance®

Oestradiol/Norethisterone acetate

Consumer Medicine Information

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This leaflet answers some common questions about Kliovance®, the menopause (the ‘change of life’), and hormone therapy. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you using Kliovance® against the benefits they expect it will have for you.

Ask your doctor or pharmacist if you have any concerns about using this medicine.

Keep this leaflet with the medicine.

You may need to read it again.

Kliovance® is available only by prescription at pharmacies.

When you must not use Kliovance®

Do not use Kliovance® or other oestrogens, with or without a progestogen to prevent heart attacks, stroke or dementia.

A study called the Women’s Health Initiative indicated increased risk of heart attack, stroke, breast cancer, and

blood clots in the legs or lungs in women receiving treatment with a product containing conjugated oestrogens 0.625 mg and the progestogen medroxyprogesterone acetate (MPA). The researchers stopped the study after 5 years when it was determined the risks were greater than the benefits in this group. The Women’s Health Initiative Memory Study indicated increased risk of dementia in women aged 65-79 years taking conjugated oestrogens and MPA. There are no comparable data currently available for other doses of conjugated oestrogens and MPA or other combinations of oestrogens and progestogens. Therefore, you should assume the risks will be similar for other medicines containing oestrogen and progestogen combinations.

Talk regularly with your doctor about whether you still need treatment with Kliovance®.

Treatment with oestrogens, with or without progestogens, should be used at the lowest effective dose and for the shortest period of time.

What Kliovance® is used for

Kliovance® is a type of hormone replacement therapy (HRT). Kliovance® contains two hormones, an oestrogen (oestradiol) and a progestogen (norethisterone acetate). The oestradiol in Kliovance® is identical to the oestradiol produced in the ovaries of women, and is classified as a natural oestrogen. Norethisterone acetate is a synthetic progestogen which acts in a similar manner as progesterone, another important female sex hormone.

Kliovance® is used to relieve symptoms associated with the menopause. It is a

short-term symptomatic treatment for women who have passed their menopause (at least a year after they have seen their last period) and prefer not to have periods.

Kliovance® can also be used to prevent thinning of the bones in women with a high risk of fractures due to osteoporosis who cannot use other treatments.

Kliovance® is intended for use in women who still have a uterus (womb).

How it works

The menopause, a woman's last menstrual period, usually occurs between the ages of 45 and 55 years. During this natural life transition, a woman slowly stops producing two female hormones called oestrogen and progesterone. Menstrual periods become less frequent until they finally stop.

The falling hormone levels may cause you to experience uncomfortable symptoms such as hot flushes or night sweats.

The oestrogen in Kliovance® relieves the symptoms caused by a lack of oestrogen. The progestogen protects the lining of your womb from overstimulation by oestrogen.

Your doctor may have prescribed Kliovance® for another reason.

Ask your doctor if you have any questions about why Kliovance® has been prescribed for you.

Before you take Kliovance®

When you must not take it

Do not take Kliovance® if:

- you are pregnant or suspect you may be pregnant, or you are breast feeding

- you know or suspect you have, or you have had, a tumour which depends on hormones (e.g. cancer of the lining of the womb)
- you have a condition known as endometrial hyperplasia (overgrowth of the lining of the womb), and it is not being treated by your doctor
- you know or suspect you have, or you have had, breast cancer.
- you have porphyria (a rare disease of blood pigments)
- you have recently developed liver disease; or you have a history of liver disease where your blood test results have not returned to normal
- you have kidney disease
- you have any unexplained vaginal bleeding
- you know that you are allergic to any of the ingredients in Kliovance®
- you have or have ever had blood clots in a vein (venous thromboembolism), in the legs (e.g. deep vein thrombosis or ‘DVT’), or the lungs (pulmonary embolism)
- you have a blood clotting disorder (thrombophilic disorder such as protein C, protein S or antithrombin deficiency)
- you have recently had angina, a heart attack, or a stroke
- it is after the expiry date (Expiry) printed on the pack
- the packaging is torn or shows signs of tampering
- go for regular breast screening and pap smear tests
- regularly check your breasts for any changes such as dimpling of the skin, changes in the nipple, or any lumps you can see or feel.

The experience of treating women older than 65 years’ is limited.

Tell your doctor if:

- you have previously taken oestrogen by itself for menopausal symptoms. The long-term use of oestrogen without a progestogen (or progesterone) can increase the risk of endometrial cancer (cancer of the inner lining of the uterus or womb).
- you have had a hysterectomy (surgical removal of the womb), because another medicine may be more suitable for you
- it is less than one year since your last natural menstrual period, because another medicine may be more suitable for you
- you have a family history of blood clots
- you need a blood test, as oestrogen can affect the results
- you are to be hospitalised or undergoing surgery, particularly where you are or will be off your feet for a long time. You may need to stop taking Kliovance® 4 to 6 weeks before your operation, to reduce the risk of a blood clot.
- you have an intolerance to some specific sugars e.g. lactose (found in milk and milk products). Kliovance® tablets contain lactose.

Tell your doctor if you have or have had any medical conditions, especially the following:

- fibroids of the womb or endometriosis. Fibroids may increase in size while taking Kliovance® and symptoms of endometriosis may worsen.
- a history of excessive growth of the cells which line the womb
- family history of hormone-dependent cancer e.g. cancer of the breast or of the lining of the womb
- risk factors for blood clots e.g. you are seriously overweight, you have previously experienced one or more miscarriages
- high levels of cholesterol or triglycerides in the blood

- unusually high or low calcium levels in the blood
- low levels of thyroid hormone requiring supplementation
- systemic lupus erythematosus (SLE or lupus)
- epilepsy
- migraine or severe headache
- diabetes
- asthma
- gallstones or gallbladder disease
- a liver disorder (e.g. liver adenoma or haemangioma)
- kidney disease
- fluid retention (oedema)
- heart disease
- high blood pressure
- otosclerosis (hearing loss sometimes linked to pregnancy)
- you or your family have a history of swelling of the face, lips, mouth, tongue etc. (angioedema)..

This is because you will need to be seen regularly by your doctor while you are taking Kliovance®.

If you have not told your doctor about any of the above, tell them before you take Kliovance®.

Tell your doctor immediately if any of the following conditions occur (because you may be told to stop taking Kliovance®):

- yellowing of your skin or eyes, or worsening of your liver function
- significant increase in your blood pressure
- migraine-like headache, and you have not previously had migraines
- sudden development of visual problems
- pregnancy
- or if you experience any of the conditions listed above under ‘When you must not take it.’

Bleeding with Kliovance®

Kliovance® will not cause regular monthly bleeding, but when first starting the tablets, many women experience slight vaginal bleeding or spotting.

Tell your doctor as soon as possible if you have any breakthrough bleeding or spotting that continues on for more than the first few months, or starts after some time on HRT, or continues

Before you start to take it

Medical check-ups

Before you start taking HRT, your doctor should ask about your own and your family’s medical history.

Your doctor may decide to examine your breasts and/or your abdomen, and may do an internal examination — but only if these examinations are necessary for you, or if you have any special concerns.

Once you’ve started on HRT, you should see your doctor for regular check-ups (at least once a year). At these check-ups, your doctor may discuss with you the benefits and risks of continuing to take HRT.

Be sure to:

even if you have stopped taking Kliovance®.

Tell your doctor if your periods get heavier than normal.

Kliovance® will not prevent memory loss.

Review the risks and benefits of continued treatment with Kliovance® at least once a year with your doctor.

Taking other medicines

Tell your doctor if you are taking or plan to take other medicines, including:

- other oestrogen medicines
- medicines to help you sleep, including barbiturates
- medicines for epilepsy e.g. phenytoin, carbamazepine, lamotrigine
- some antibiotics and other anti-infective medicines e.g. rifampicin, cyclosporin
- St. John's Wort – used to treat depression
- antihistamines – used to treat allergies
- anticoagulants and antifibrinolytics – used to manage blood clotting processes
- antidiabetic drugs – used to treat diabetes
- medicines which decrease serum folate
- thyroid hormones - - used to treat malfunction of the thyroid gland
- corticosteroids – used to treat inflammatory conditions

Or other specific medicines including:

- imipramine
- pethidine

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

The effect of Kliovance® can be reduced by other medicines, and may affect your vaginal bleeding pattern.

How to take Kliovance®

How to take it

Read carefully the instructions included in this leaflet, in order to correctly use the calendar pack.

Your doctor will tell you when to start taking the tablets. Kliovance® treatment should usually start a year after your periods stop.

If you are not already using HRT, you can start Kliovance® at a convenient time for you. If you are already using a different type of HRT, your doctor can advise you when to switch to Kliovance®.

Take one tablet a day, preferably at the same time each day, until all 28 tablets have been taken. Swallow each tablet with a glass of water. When you have finished each pack, start the next pack immediately.

How long to take it

HRT should be prescribed at the lowest effective dose and for the shortest duration necessary (see 'Before you start to take it'). Your doctor can advise you how long you may need to take Kliovance®.

The continuation of the treatment should be re-evaluated annually.

If you forget to take it

You can always see if you have taken your tablet by looking at the day on the calendar pack.

If you forget to take a tablet at the usual time, take it as soon as you remember. If it is almost time for your next dose, throw away the tablet you missed and take your next dose when you are meant to.

You may have vaginal bleeding or spotting if you forget to take your tablets.

If you take too much (overdose)

If you take more tablets than you have been prescribed, contact your doctor for advice.

Overdose may cause nausea and vomiting.

While you are taking Kliovance®

You can expect your symptoms to improve within a few weeks of starting Kliovance®. However, you will not be

aware of the effect of Kliovance® on your bones.

Kliovance® can be stopped at any time. You should discuss this with your doctor.

You should include foods that are good sources of calcium and Vitamin D in your daily diet, and exercise regularly. Calcium, Vitamin D and exercise help prevent thinning of the bones. Your doctor can advise you on which foods and type of exercise are best for you.

Kliovance® is not a contraceptive and will not prevent pregnancy. Kliovance® is only recommended for women who have passed their menopause.

At your routine check-up, your doctor may reassess your continued need for Kliovance®. Your doctor may consider alternative HRT treatments if troublesome symptoms remain.

If you have any concerns about taking Kliovance®, ask your doctor or pharmacist. If your doctor tells you to stop taking Kliovance®, return any unused medicine to your pharmacist.

Things you must not do

This medicine is for you only. Do not give it to someone else even if they seem to have the same symptoms as you.

Do not take Kliovance® to treat any other complaints unless your doctor tells you to.

Do not change the way you take Kliovance®, or lower the dosage, without checking with your doctor.

Side effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Tell your doctor or pharmacist if you experience any side effects while you are taking Kliovance® (whether or not they are mentioned below).

You may need medical treatment if you experience some of the side effects.

When you start taking Kliovance® your body has to adjust to new hormone levels. You may experience the following side effects:

- breast tenderness, pain or enlargement
- irregular periods or excessive bleeding during your periods
- period pain
- abdominal (stomach) pain, indigestion, feeling sick (nausea), vomiting, diarrhoea, bloating, flatulence:
- skin rash or itching, skin reactions, acne, changes in hair growth, hair loss
- changes in sexual appetite, problems getting to sleep, nervousness, anxiety
- headache, migraine, dizziness
- fungal infection of the vagina (thrush), vaginal inflammation or itching
- gallbladder problems, gallstones
- leg cramps
- back pain, neck pain
- weight change
- swelling due to fluid retention (oedema)
- visual disturbances
- increase in size of uterine fibroids
- Kliovance® does not treat your symptoms effectively.

These side effects are usually temporary and disappear.

Tell your doctor if:

- you think you may be suffering from depression
- you are not feeling well or find any side effect too uncomfortable or unacceptable
- any side effect becomes worse
- vaginal bleeding or spotting suddenly becomes heavier.

Tell your doctor immediately if any of the following conditions occur (because you may be told to stop taking Kliovance®):

- severe pain or swelling in your legs
- yellow colouring of the skin and eyes (jaundice)
- migraine or sudden severe headache, and you have not previously had migraines
- problems with your eyesight which develop suddenly
- marked rise in blood pressure

- you can see or feel a lump in your breast, or you notice dimpling of the skin or changes in the nipple
- you know or suspect you are pregnant.

Tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you notice any of the following:

- skin rashes over a large part of the body
- shortness of breath, wheezing
- swelling of the face, lips or tongue
- fast pulse
- sweating

This list includes very serious side effects. You may need urgent medical attention or hospitalisation. These side effects are very rare.

Effects on your heart or circulation

Heart disease

Talk to your doctor to see if you should be taking HRT if you have ever had heart disease.

HRT is not recommended for women who have heart disease, or have had heart disease recently. If you have ever had heart disease,

HRT will not help to prevent heart disease.

Studies with one type of HRT (containing conjugated oestrogen plus the progestagen MPA) have shown that women may be slightly more likely to get heart disease during the first year of taking the medication. For other types of HRT, the risk is likely to be similar, although this is not yet certain.

See a doctor as soon as possible and do not take any more HRT until your doctor says you can if you get:

- a pain in your chest that spreads to your arm or neck.

This pain could be a sign of heart disease.

Stroke

Recent research suggests that HRT slightly increases the risk of having a stroke. Other things that can increase the risk of stroke include:

- getting older
- high blood pressure
- smoking
- drinking too much alcohol

- an irregular heartbeat.

Talk to your doctor to see if you should take HRT if you are worried about any of these things, or if you have had a stroke in the past.

See a doctor as soon as possible and do not take any more HRT until your doctor says you can if you get:

- unexplained migraine-type headaches, with or without disturbed vision. These headaches may be an early warning sign of a stroke.

Blood clots

HRT may increase the risk of blood clots in the veins (also called deep vein thrombosis, or DVT), especially during the first year of taking it.

These blood clots are not always serious, but if one travels to the lungs, it can cause chest pain, breathlessness, collapse or even death. This condition is called pulmonary embolism, or PE.

DVT and PE are examples of a condition called venous thromboembolism, or VTE.

You are more likely to get a blood clot if:

- you are seriously overweight
- you have had a blood clot before
- any of your close family have had blood clots
- you have had one or more miscarriages
- you have any blood clotting problem that needs treatment with a medicine such as warfarin
- you're off your feet for a long time because of major surgery, injury or illness
- you have a rare condition called systemic lupus erythematosus (SLE – an autoimmune disease).

If any of these things apply to you, talk to your doctor to see if you should take HRT.

See a doctor as soon as possible and do not take any more HRT until your doctor says you can if you get:

- painful swelling in your leg
- sudden chest pain
- difficulty breathing.

These may be signs of a blood clot.

Effects on your risk of developing cancer

Breast cancer

Women who have breast cancer, or have had breast cancer in the past, should not take HRT.

Taking HRT slightly increases the risk of breast cancer; so does having a later menopause. The risk for a post-menopausal woman taking oestrogen-only HRT for 5 years is about the same as for a woman of the same age who's still having periods over that time and not taking HRT. The risk for a woman who is taking oestrogen plus progestagen HRT is higher than for oestrogen-only HRT (but oestrogen plus progestagen HRT is beneficial for the endometrium, see 'Endometrial cancer' below).

For all kinds of HRT, the extra risk of breast cancer goes up the longer you take it, but returns to normal within about 5 years after stopping HRT.

Your risk of breast cancer is also higher if:

- you have a close relative (mother, sister or grandmother) who has had breast cancer
- you are seriously overweight.

Make an appointment to see your doctor as soon as possible if you notice any changes in your breast, such as:

- dimpling of the skin
- changes in the nipple
- any lumps you can see or feel.

Endometrial cancer (cancer of the lining of the womb)

Taking oestrogen-only HRT for a long time can increase the risk of cancer of the lining of the womb (the endometrium). Taking a progestagen as well as the oestrogen helps to lower the extra risk.

If you still have your womb, your doctor may prescribe a progestagen as well as oestrogen. If so, these may be prescribed separately, or as a combined HRT product.

If you have had your womb removed (a hysterectomy), your doctor will discuss with you whether you can safely take oestrogen without a progestagen.

If you have had your womb removed because of endometriosis, any endometrium left in your body may be at risk. So your doctor may prescribe HRT that includes a progestagen as well as an oestrogen.

Your product, Kliovance[®], contains a progestagen.

If you get breakthrough bleeding or spotting, it's usually nothing to worry about, especially during the first few months of taking HRT.

Make an appointment to see your doctor if the bleeding or spotting:

- carries on for more than the first few months
- starts after you've been on HRT for a while
- carries on even after you've stopped taking HRT.

It could be a sign that your endometrium has become thicker.

Ovarian cancer

Long-term (at least 5 or 10 years') use of oestrogen-only HRTs and oestrogen plus progestagen HRTs has been associated with an increased risk of ovarian cancer in some epidemiological studies.

In addition to the possible side effects listed above, dementia has been reported with HRT.

Do not be alarmed by this list of possible side effects.

You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

Storage

Keep all medicines out of reach of children.

Do not use Kliovance[®] after the expiry date stated on the carton and label.

The expiry date refers to the last day of that month.

Keep Kliovance[®] in a cool dry place where the temperature stays below 25°C. Do not put Kliovance[®] in the refrigerator.

Keep the calendar pack in the outer carton in order to protect from light.

Do not dispose of medicines down the sink or in your household rubbish. Ask your pharmacist how to dispose of medicines you no longer require.

These measures will help to preserve the environment.

Product Description

What Kliovance[®] looks like

Kliovance[®] comes in a calendar pack. Each pack holds 28 tablets. Each Kliovance tablet is white and round and marked 'NOVO 288' on one side. The Novo Nordisk logo (Apis bull) is on the other side.

Ingredients

Each tablet contains 1mg oestradiol (as hemihydrate) and 0.5mg norethisterone acetate as the active ingredients. Oestradiol is identical to natural human oestrogen. Norethisterone acetate is a hormone similar to progesterone.

The tablets also contain lactose, maize starch, copovidone, talc, magnesium stearate, hypromellose and glycerol triacetate.

Kliovance[®] is gluten-free.

Manufacturer

Kliovance[®] is made in Denmark and supplied in Australia by:

Novo Nordisk Pharmaceuticals Pty. Ltd.
Level 3
21 Solent Circuit
Baulkham Hills NSW 2153

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AUST R 67440

Kliovance[®] is a registered trademark of Novo Nordisk FemCare AG.

NovoCare[®] is a registered trademark of Novo Nordisk A/S.

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Further information

For further information call the NovoCare[®] Customer Care Centre on 1800 668 626.

www.novonordisk.com.au

Kliovance[®]

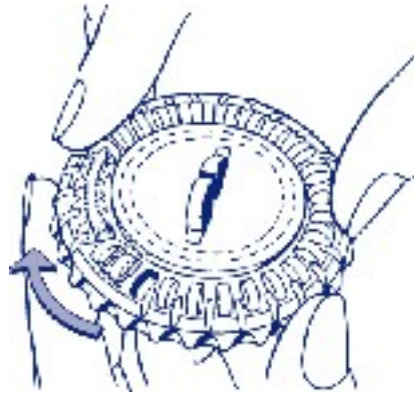
Oestradiol/Norethisterone acetate

Directions for Use

How to use the calendar pack

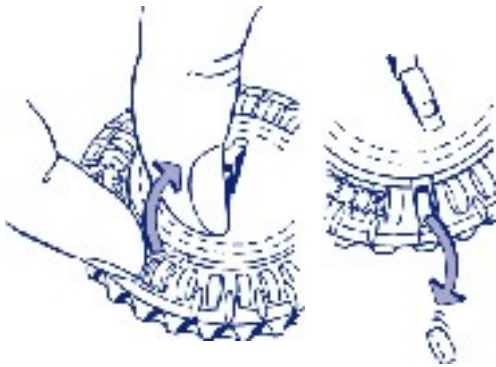
1. Set the day reminder

Turn the inner disc to set the day of the week opposite the little plastic tab.



2. Take the first day's tablet

Break the plastic tab and tip out the first tablet.



3. Move the dial every day

On the next day simply move the transparent dial clockwise one space as indicated by the arrow. Tip out the next tablet. Remember to take only one tablet once a day.

You can only turn the transparent dial after the tablet in the opening has been removed.