

6.6 Prescribing information for medical treatments of heavy menstrual bleeding

Generic Name	Trade Name	Recommended Dosage	Contraindications	Side Effects
Mefenamic acid	Ponstan	500 mg tds during menses	<ul style="list-style-type: none"> • current GI bleeding or ulceration • inflammatory bowel disease • history of hypersensitivity (asthma, angioedema) precipitated by aspirin or NSAID • renal or hepatic impairment 	nausea, diarrhoea, headache, dizziness, rashes
Diclofenac	Voltaren	50 mg tds during menses	<ul style="list-style-type: none"> • current GI bleeding or ulceration • inflammatory bowel disease • history of hypersensitivity (asthma, angioedema) precipitated by aspirin or NSAID • renal or hepatic impairment 	nausea, diarrhoea, headache, dizziness, rashes
Naproxen	Naprosyn	250-500 mg tds during menses	<ul style="list-style-type: none"> • current GI bleeding or ulceration • inflammatory bowel disease • history of hypersensitivity (asthma, angioedema) precipitated by aspirin or NSAID • renal or hepatic impairment 	nausea, diarrhoea, headache, dizziness, rashes
Combined oral contraceptive pills	Mercilon Marvelon Microgynon 30 Brevinor Triphasie Femodene Minulet Diane 35	One pill daily for 21 days, repeated after 7 day interval	<ul style="list-style-type: none"> • severe or multiple risk factors for heart disease • valvular heart disease • hypertension • thromboembolic disease • focal or crescendo migraine • liver disease • hormone dependent disease 	nausea, vomiting, headache, breast tenderness

Tranexamic acid	Cyklokapron	1gm tds or qvd during days of heavy menstrual bleeding	<ul style="list-style-type: none"> • thromboembolic disease 	nausea, vomiting, diarrhoea [rarely - transient colour vision disturbance (withdraw if occurs)]
Primolut N	Norethisterone	5 mg tds daily for 21 days repeated after 7 day interval	<ul style="list-style-type: none"> • severe liver dysfunction • pruritis of pregnancy • active thromboembolic disease 	<ul style="list-style-type: none"> • nausea • bloating
Levonorgestrel Intrauterine system	Mirena	20 µg/24 hours for 5 years	<ul style="list-style-type: none"> • acute pelvic inflammatory disease • abnormal uterine cavity • caution with rheumatic or congenital heart disease • active thromboembolic disease • severe liver dysfunction 	<ul style="list-style-type: none"> • irregular menses • perforation • expulsion