



What is Ethinylestradiol used for?

Ethinylestradiol belongs to a group of medicines known as oestrogens. Oestrogen is a female hormone and can be used to treat women's health problems. Ethinylestradiol is used during ART as a supplement to natural oestrogen during frozen embryo replacement cycles.

This medication does not interfere with your ability to drive a car or operate machinery. This medicine is available only on a doctor's prescription and is in the form of capsules. Do not take Ethinylestradiol after the expiry date on the package has been passed.

If your medicine has expired or is damaged, return it to your pharmacist/clinic for disposal.

Before you use Ethinylestradiol:

TELL YOUR DOCTOR if you have any allergies to:

- ◆ Any other medicines
- ◆ Any other substance such as foods, preservatives or dyes

TELL YOUR DOCTOR if you have/have had any medical conditions, especially the following:

- ◆ If you suffer from liver, kidney, gall-bladder or heart problems or suffer from high blood pressure
- ◆ If you suffer from migraine, epilepsy, diabetes, asthma or have a blood disorder
- ◆ If you suffer from thrombosis (blood clots) or have ever had a thrombosis
- ◆ If you have multiple sclerosis (MS), tetany (numbness and tingling in hands, feet and around the mouth) or sickle-cell anaemia
- ◆ If you have suffered from itching during pregnancy or endometriosis
- ◆ If you suffer from obesity, systemic lupus erythematosus (SLE) or high blood calcium levels
- ◆ If you have prolonged periods of immobilisation
- ◆ If you suffer from otosclerosis
- ◆ If you have or have had in the past or a family history of cancer of the breast or uterus
- ◆ If you suffer from unexplained vaginal bleeding
- ◆ If you have had a major trauma or been in an accident
- ◆ If you have had any surgical operations planned or have just had one

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.

How to take Ethinylestradiol

Follow all directions given to you by your doctor or clinic nurse carefully.

Try to take this medicine at the same time each day to avoid missing any doses. If you miss a dose, take it as soon as you remember and continue taking it at the usual times. If it is nearly time for your next dose, leave out the missed dose; never take two doses at the same time to compensate. If in doubt talk to your Doctor or clinic nurse.

Side effects

TELL YOUR DOCTOR or clinic nurse if you do not feel well while taking Ethinylestradiol.

All medicines have side effects. Sometimes they are more serious, most of the time they are not. If you think you have side-effects do not stop taking Ethinylestradiol without first talking to your doctor.

The most common side effects are:

- ◆ Nausea & vomiting
- ◆ Stomach cramps
- ◆ Bloating
- ◆ Weight change
- ◆ Breast enlargement & tenderness
- ◆ Pre-menstrual like syndrome
- ◆ Fluid retention
- ◆ A skin rash
- ◆ Brown blotchy marks on the skin
- ◆ Change in libido
- ◆ Depression
- ◆ Headaches
- ◆ Migraine
- ◆ Dizziness
- ◆ Legg cramps
- ◆ Contact lens irritation

If you experience any of the following you should contact your doctor or go **IMMEDIATELY** to your local hospital emergency department:

- ◆ Sudden severe chest pains
- ◆ Sudden breathlessness
- ◆ Cough with blood stained mucous
- ◆ Severe pain in the calf of one leg
- ◆ Severe stomach pain
- ◆ Unusual severe and prolonged headache
- ◆ Sudden partial or complete loss of vision
- ◆ Sudden disturbance of vision
- ◆ Severe indigestion
- ◆ Bad fainting or collapsing attacks
- ◆ Epileptic attack
- ◆ Weakness or problems with movement
- ◆ Sudden numbness affecting one part or half of the body, severe jaundice

Other side effects not listed may happen in some patients.

Tell your doctor or clinic nurse if you notice anything that is making you feel unwell.

Storage

- ◆ Ethinylestradiol should be stored in a cool dry place away from direct heat and sunlight
- ◆ **DO NOT LEAVE IN THE CAR**
- ◆ Keep this medicine where children cannot reach it

Disposal

If you have any Ethinylestradiol that has expired or is left over return it to your clinic or pharmacy.