Duphaston is a medicine that contains an active substance called dydrogesterone. It belongs to the group of progesterone agonist (female sex hormones). It works by reducing the risk of endometrial hyperplasia.

It is used in the following conditions:

- Irregular menstrual periods
- Dysmenorrhea (painful menstrual periods)
- Endometriosis
- Infertility

In combination with estrogen, it can be used in the treatment of secondary amenorrhea (absence of menstrual periods for 6 months or more). This combination also can be used to treat heavy and irregular bleeding.

**Precautions**

Duphaston should be avoided in the following conditions:

- In patients who are allergic to the active substance-dydrogesterone or other similar medicines. If you are experiencing symptoms of an allergy, such as:
  - skin rash,
  - itchy skin,
  - redness,
Swelling or difficulty breathing, contact your doctor.

- In patients with deep vein thrombosis (a blockage of a blood vessel).
- Patients with progesterone or estrogen dependent cancers.
- In patients with bleeding of unknown cause.
- In patients with hepatic impairment. This medicine may cause liver damage, therefore you should immediately contact your doctor if you are experiencing any of the following symptoms:
  - pain in the right upper abdomen,
  - loss of appetite,
  - dark urine,
  - jaundice - yellowing of the skin and eyes, and others.
- In patients suffering from depression.
- In patients with porphyria.

You should perform regular self-breast exams, while using this medicine, due to an increased risk of breast cancer if this medicine is used in combination with estrogen.

### Use of Duphaston during pregnancy and breastfeeding

This medicine should not be used during pregnancy unless your doctor recommended.

This medication passes into breast milk, therefore avoid breastfeeding while using this medicine.

### How to use

**Dosage:**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haevy and irregular bleeding</td>
<td>Take one Duphaston tablet daily from 11-th to 25-th day of the menstrual cycle</td>
</tr>
<tr>
<td>To help regulate your menstrual periods</td>
<td>Take one Duphaston tablet daily from 11-th to 25-th day of the menstrual cycle</td>
</tr>
<tr>
<td>Endometriosis</td>
<td>Take 1-3 Duphaston tablets per day during the entire menstrual cycle</td>
</tr>
<tr>
<td>Painful menstrual periods</td>
<td>Take 1-2 Duphaston tablets per day from 5-th to 25-th day of the cycle</td>
</tr>
<tr>
<td>Absence of menstrual cycles</td>
<td>One tablet of estrogen from 1-st to 25-th day of menstrual cycle in combination with one tablet of Duphaston from 11-th to 25-th day of the cycle</td>
</tr>
<tr>
<td>Threatened abortions</td>
<td>One tablet of Duphaston per day until the 20-th week of pregnancy</td>
</tr>
</tbody>
</table>

Your doctor will determine which dose is suitable for you. Never take medicine on your own.

Swallow the tablet whole with a glass of water. Do not crush or chew the tablet.
Use with other medicines (Interactions)

Duphaston should be avoided in combination with the following medicines:

- Medicines used to treat epilepsy, such as:
  - carbamazepine,
  - phenytoin,
  - phenobarbital, and others. Concomitant use of Duphaston with these medicines may decrease the level of Duphaston in the blood and to decrease its effectiveness.
- Medicines used in the treatment of HIV infection (AIDS), such as:
  - ritonavir,
  - indinavir,
  - saquinavir, and others.
- St. John's wort, sage, ginkgo biloba and other herbal products. These plants can decrease level of Duphaston in the blood and decrease its effectiveness.

Tell your doctor about all medications and herbal products you are taking.

Side effects

Duphaston may cause the following side effects:

1. nausea,
2. vomiting,
3. headache,
4. dizziness,
5. weight gain,
6. swelling of the breasts,
7. anemia,
8. depression,
9. lethargy,
10. liver damage (loss of appetite, pain in the right upper abdomen, jaundice),
11. allergy and others.

Tell your doctor if you are experiencing any side effects.