

FEMOSTON® CONTI 1MG/5MG FILM-COATED TABLET

Estradiol (1mg), dydrogesterone (5mg)

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What Femoston® Conti is used for

Femoston® Conti is used to relief symptoms due to estrogen deficiency such as hot flushes in women who still have a uterus (womb).

Femoston® Conti is also used to prevent osteoporosis in post-menopausal women who still have a uterus.

How Femoston® Conti works

Femoston® Conti acts as a hormone replacement therapy by providing two types of female hormones, an oestrogen called estradiol and a progestogen called dydrogesterone.

Before you use Femoston® Conti

- When you must not use it

Do not take Femoston® Conti:

- If you have or have ever had breast cancer, or if you are suspected of having it
- if you have cancer which is sensitive to oestrogens, such as cancer of the womb lining, or if you are suspected of having it.
- if you have or your doctor thinks you might have a

tumor that is dependent on progestogens. An example is a tumor in the brain.

- if you have any unexplained vaginal bleeding
- if you have excessive thickening of the womb lining that is not being treated
- if you have or have ever had a blood clot in a vein such as in the legs or the lungs
- if you have a blood clotting disorder
- if you have or recently have had a disease caused by blood clots in the arteries, such as a heart attack, or angina
- if you have or have ever had a liver disease and your liver function tests have not returned to normal
- if you have porphyria (a metabolic disorder)
- if you are allergic (hypersensitive) to estradiol, dydrogesterone or to any of the other ingredients of Femoston® Conti.

If you are not sure, talk to your doctor or pharmacist before taking Femoston® Conti.

Stop the therapy if you:

- have significant increase in blood pressure
- are pregnant

- Before you start to use it

Talk to your doctor or pharmacist before taking Femoston® Conti if you suffer from any medical conditions, illnesses and/or occurred during pregnancy or previous hormone treatment, in particular:

- growth of womb lining outside your womb or a noncancerous growth of the womb lining
- increased risk of developing blood clots
- increased risk of getting an oestrogen-sensitive cancer (such as family history)
- high blood pressure
- diabetes
- gallstones
- migraine or severe headaches
- systemic lupus erythematosus (a type of immune disorder)
- epilepsy
- asthma
- abnormal growth of bone in the ear (otosclerosis)
- a very high level of fat in your blood (triglycerides)
- heart or kidney problems

- Taking other medicines

It is particularly important to tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. This also concerns medicines obtained without a prescription including herbal medicines. Tell your doctor or pharmacist if you are taking any of the following medicines:

- medicines for epilepsy (such as phenobarbital, carbamazepine, phenytoin)

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- medicines for tuberculosis (such as rifampicin, rifabutin)
- medicines for HIV infection [AIDS] (such as nevirapine, efavirenz, ritonavir, nelfinavir)
- herbal remedies containing St John's wort (*Hypericum perforatum*).
- medicine for immunosuppressant (such as tacrolimus, cyclosporine A)
- medicine for painkiller (such as fentanyl)
- medication for asthma (such as theophylline)

This will also help you remember to take your tablets.

Take one tablet every day, without a break between packs. The blisters are marked with the days of the week. This makes it easier for you to remember when to take your tablets.

If you are changing from another continuous sequential or cyclical preparation, you should complete the 28day cycle and then change to Femoston® Conti.

If you are changing from another continuous combined hormonal preparation, you may start the therapy at any time.

Symptoms of overdose include nausea, vomiting, breast tenderness, dizziness, abdominal pain, drowsiness/fatigue, and withdrawal bleeding.

While you are using it

- Things you must do

If you notice any changes in your breast, please consult your doctor or nurse.

- Things to be careful of

The following diseases are reported more often in women using HRT compared to women not using HRT:

- breast cancer
- abnormal growth or cancer of the lining of the womb
- ovarian cancer
- blood clots in the veins of the legs or lungs
- heart disease
- stroke
- probable memory loss if HRT is started over the age of 65

How to use Femoston® Conti

- How much to use

Follow all directions given to you by your doctor and pharmacist carefully.

Your doctor will aim to prescribe the lowest dose to treat your symptoms for as short as necessary. Speak to your doctor if you think this dose is too strong or not strong enough. If you are taking Femoston® Conti to prevent osteoporosis, your doctor will adjust the dose to suit you. It will depend on your bone mass

Take one tablet every day for a 28-day cycle

- When to use it

Use as directed by your doctor or pharmacist.

Femoston® Conti may be taken with or without food. Try to take your tablet at the same time each day. This will make sure that there is a constant amount of the product in your body.

- How long to use it

Continue taking Femoston® Conti for as long as your doctor or pharmacist recommends.

Femoston® Conti should be taken continuously without a break between packs.

- If you forget to use it

If you have forgotten to take a dose, take it as soon as possible. If you are more than 12 hours late in taking the dose, take the next dose at your regular time on the next day. Do not take double dose to make up for the forgotten dose.

There is high possibility of you experiencing breakthrough bleeding or spotting.

- If you use too much (overdose)

If you take more Femoston® Conti than you should stop taking Femoston® Conti and talk to a doctor or pharmacist.

If you experience any symptoms of blood clot, such as painful swelling in leg, shortness of breath or sudden pain in chest, please contact your doctor immediately.

Breakthrough bleeding and spotting may occur during the first month of treatment. If breakthrough bleeding or spotting appears after some time on therapy, or continues after treatment has been discontinued, please consult your doctor or pharmacist.

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Driving and Use of Machines

Femoston® Conti has no or negligible influence on the ability to drive and use machines

- feeling weak, tired or unwell
- swelling of your ankles, feet or fingers
- weight increase

- Ingredients

- Active ingredient(s)
Estradiol hemihydrate and dydrogesterone

Important information about some of the ingredients of Femoston® Conti

Femoston® Conti contain lactose sugar. If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this medicine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npa.gov.my [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

- Inactive ingredients
Lactose monohydrate, hypromellose, maize starch, colloidal anhydrous silica and magnesium stearate, titanium dioxide (E171), iron oxide yellow (E172), iron oxide red (E172), hypromellose, macrogol.

Side effects

Like all medicines, Femoston® Conti can cause side effects, although not everybody gets them.

Storage and Disposal of Femoston® Conti

- Storage

Keep this medicine out of the sight and reach of children. Do not use Femoston® Conti after the expiry date which is stated on the carton and the blister after EXP. The expiry date refers to the last day of that month.

- MAL number:

Femoston® Conti 1mg/5mg Film-Coated Tablet:
MAL20040952AZ

Very common (may affect more than 1 in 10 people):

- headache
- abdominal pain
- back pain
- tender or painful breasts

Do not store above 30°C. Store in original package.

Manufacturer

Abbott Biologicals B.V.,
Veerweg 12, 8121
The Netherlands

Common (may affect up to 1 in 10 people):

- vaginal fungal infection
- feeling depressed, nervousness
- migraine. If you have a migraine-like headache for the first time, stop taking Femoston and see a doctor immediately
- dizziness feeling sick, vomiting, wind (flatulence)
- allergic skin reactions (such as rash, severe itching or hives)
- menstrual disorders such as irregular bleeds or spotting, painful periods, heavier or no bleeding
- vaginal fluid discharge

- Disposal

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

Product Registration Holder

Abbott Laboratories (M) Sdn. Bhd.
27-02, Level 27, Imazium,
8, Jalan SS21/37,
Damansara Uptown,
47400 Petaling Jaya,
Selangor Malaysia

Date of revision

- 28/03/2022

Product Description

- What it looks like

Femoston® Conti tablets are round, biconvex, salmon-coloured and have 379 marked on one side. Each blister strip contains 28 tablets.

Serial Number

NPRA (R1/1) 22042022/101

Femoston® Conti is available in cartons of 28's, 84's and 280's. Not all pack sizes may be marketed.