FEMOSTON® CONTI 0.5MG/2.5MG FILM-COATED TABLET

Estradiol hemihydrate (0.5mg), dydrogesterone (2.5mg)

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What Femoston® Conti is used for

Femoston® Conti is used in postmenopausal women with at least 12 months since their last natural period to relief symptoms such as hot flushes.

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:

- 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 (endometrium), 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 (meningioma).
- if you have any unexplained vaginal bleeding
- if you have excessive thickening of the womb lining (endometrial hyperplasia) that is not being treated
- if you have or have ever had a blood clot in a vein (thrombosis) such as in the legs (deep venous thrombosis) or the lungs (pulmonary embolism)
- if you have a blood clotting disorder (such as protein C, protein S, or antithrombin deficiency)
- if you have or recently have had a disease caused by blood clots in the arteries, such as a heart attack, stroke or angina
- you have or have ever had a liver disease and your liver function tests have not returned to normal
- if you are allergic (hypersensitive) to estradiol, dydrogesterone or to any of the other ingredients of Femoston® Conti.

Do not use Femoston® Conti if any of the above applies to you. If you are not sure, talk to your doctor or pharmacist before taking Femoston® Conti.

- Before you start to use it

Talk to your doctor or pharmacist before taking Femoston® Conti if you suffer from any medical conditions or illnesses, in particular:

- if you have family history of cancer

- 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)
- 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).

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

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- 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. 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.

- How long to use it

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

- If you forget to use it

Do not take a double dose to make up for the forgotten dose. Take the next dose at your regular time on the next day. If you are worried about this, talk to your doctor or pharmacist.

- 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.

While you are using it

- Things you must do

Take your medicine exactly as your doctor has told you.

- 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 (endometrial hyperplasia or cancer)
- ovarian cancer
- blood clots in the veins of the legs or lungs (venous thromboembolism)
- heart disease
- stroke
- probable memory loss if HRT is started over the age of 65

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.

Side effects

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

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

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

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

- vaginal 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 (nausea), vomiting, wind (flatulence)
- allergic skin reactions (such as rash, severe itching (pruritus) or hives (urticaria)
- bleeding disorders such as irregular bleeds or spotting, painful periods (dysmenorrhoea), heavier or less bleeding
- pelvic pain
- discharge from the neck of the womb (cervical discharge)
- feeling weak, tired or unwell
- swelling of your ankles, feet or fingers (peripheral oedema)
- weight increase

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

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.

Do not store above 30ºC.

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- 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 Description

- What it looks like

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

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

- Ingredients

- Active ingredient(s)
Estradiol hemihydrate and dydrogesterone

- Inactive ingredients
Lactose monohydrate, hypromellose, maize starch, colloidal anhydrous silica and magnesium stearate, macrogol 3350, polyvinyl alcohol, talc, titanium dioxide (E171), iron oxide yellow (E172).

- MAL number:

Femoston® Conti 0.5mg/2.5mg Film-Coated Tablet:
MAL16075032AZ

Manufacturer

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

Product Registration Holder

Abbott Laboratories (M) Sdn. Bhd.
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Selangor Malaysia

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