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## **Ryeqo® for treatment of symptomatic fibroids and endometriosis**

### **Patient information**

**Ryeqo®** is a medicine used in women of reproductive age to treat:

- moderate to severe symptoms of uterine fibroids (non-cancerous growths in the womb)
- symptoms of endometriosis (a condition in which tissue similar to the lining of the womb grows elsewhere in the body).

It is a combined formulation of Relugolix 40mg (gonadotrophin-releasing hormone (GnRH) receptor antagonist), estradiol (1mg) and norethisterone(0.5mg). This treatment has been recommended by NICE in adults of reproductive age. Uterine fibroids can give symptoms of heavy and prolonged menstrual bleeding, pelvic pain, pressure symptoms and difficulty in conceiving. Women using Ryeqo® reported monthly menstrual blood loss of fewer than 80 mL and at least 50% less blood loss than before the treatment in one study.

Ryeqo® has been also shown to be effective in treating symptoms of endometriosis in two studies involving women of reproductive age (from 18 to 50 years) with symptoms of moderate-to-severe pain.

### **How it works?**

Ryeqo® contains three substances that work together. Relugolix stops the production of hormones from the ovaries by stopping ovulation (release of an egg from ovaries), hence reducing oestrogen and progesterone production. Low levels of oestrogen could give symptoms like menopause which is improved by Estradiol. Norethisterone acetate reduces the risk of developing abnormal changes in the womb due to oestrogen intake.

Ryeqo® creates an effect like "switching off" the ovaries but the resultant symptoms are mitigated by oestrogen and progesterone. Ryeqo® is designed to reduce bleeding caused by fibroids, but its effect on shrinking fibroids has not been studied.

### **How are the drugs given?**

Ryeqo® tablets are taken once daily with or without food at the same time of day. The first tablet is given within five days of the onset of periods. All hormonal contraception should be stopped before starting Ryeqo® and non-hormonal contraception (like condoms) should be used for at least a month after starting. If a dose is missed, it should be taken as soon as possible, and if multiple doses are missed, contraception should be used for the next seven days.

Ryeqo® is only started by specialists in fibroid management and GPs can continue to prescribe after symptoms are stable.

Women under 40 may not need a biopsy of the lining of womb unless there are concerns, but those over 40 are recommended to have one.

### **How long can I take it for?**

There is no time limit for how long Ryeqo® can be taken, if it is effective and well-tolerated. Ryeqo® can be taken without interruption. Discontinuation should be considered when you enter menopause, as uterine fibroids are known to regress when menopause begins.

### **Warning and precaution**

- Pregnancy must be ruled out prior to starting or re-starting the treatment.
- Breast feeding
- Vaginal bleeding of unknown cause
- Concomitant use of hormonal contraceptive
- Allergy to any components
- Past or present blood clotting disorder
- Known osteoporosis (thinning of the bones) or high risk of osteoporosis (personal or family history of osteoporosis, excessive alcohol intake, long term steroid use, smoking, or certain medications currently taken)
- Headaches with focal neurological symptoms or migraine headaches with aura
- Severe liver disease (with deranged liver function tests)
- Current or past history of liver tumours
- Severe depression

### **Side effects**

Every medicine has side effects. These side effects will be discussed with you by your gynaecologist.

- Some patients experience hot flushes and uterine bleeding
- Bone loss (varying from 3-8%) has been reported in patients who had normal bone mineral density at the start of treatment.
- The use of medicine containing oestrogen and progesterone increases the risk of clotting in the arteries and veins (arterial or venous thromboembolism) compared with no use. You would be counselled on symptoms and to seek urgent medical attention.
- Mood changes like depression should be carefully monitored and you should seek medical attention if experiencing any after starting the treatment.
- Blood pressure should be monitored, and hypertension treated appropriately.

## **Monitoring**

You will be monitored for treatment effectiveness and adverse effects by your specialist. DEXA scan assessments may be necessary to check bone density.

## **Reference**

[Overview | Relugolix-estradiol-norethisterone acetate for treating moderate to severe symptoms of uterine fibroids | Guidance | NICE](#)

**This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg**