

APPENDIX 4. Medications Commonly Used for Treatment of Abnormal Uterine Bleeding

Medication/Agent	Dose	How it works	Side effects*	Contraindications	Approximate monthly cost
Non-steroidal anti-inflammatory drugs (NSAIDs) <ul style="list-style-type: none"> Mefenamic acid Naproxen (Naprosyn®), Anaprox® Ibuprofen (Advil®, Motrin®) Sodium Diclofenac (Voltaren®) 	Mefenamic acid 500 mg q 6-8 h Naproxen 250-500 mg q6-12h Ibuprofen 400 mg q4-6h Sodium diclofenac 50 mg tid	Reduces production of prostaglandin	Common: indigestion, diarrhea Uncommon: dizziness, headache, rashes Rare: worsening of asthma in sensitive individuals, ulcer with possible bleeding	Acute peptic ulcers or hx of ulcers, active IBD, hypersensitivity to NSAIDs Caution in patients with asthma, nasal polyps, renal disease, liver disease, CHF, HTN	Varies depending on type and brand used and amount needed per month Ibuprofen (Advil®, Motrin®) & Naproxen sodium 220 mg (Aleve®) are OTC Cost per dose for generic over-the-counter Ibuprofen and naproxen ranges from \$0.25 to \$1.00
Tranexamic acid (Cyklokapron®)	500-1500 mg q6-8h prn (Note: 6 gm is maximum daily dose)	Anti-fibrinolytic agent	Uncommon: indigestion, diarrhea, headache	History, risk or active thromboembolic disease (DVT, PE) Acquired colour vision disturbance	500 mg is ~\$40
Combined Oral Contraceptive Pill (COCP)	As per package	Prevents proliferation of endometrium	Common: mood change, headache, nausea, fluid retention/bloating, breast tenderness, weight gain, breakthrough bleeding Very rare: DVT, stroke, heart attack	Hx/active thromboembolic disorder, cerebrovascular disorder, CAD, DVT, acute liver disease, breast cancer, migraine with aura, undiagnosed abnormal vaginal bleeding, pregnancy, uncontrolled HTN, smoker > 35 years old	~ \$15-\$35 depending on brand
Progestin: Oral <ul style="list-style-type: none"> Medoxy-progesterone (Provera®) Norethindrone (Norlutate®) Norethisterone (Micronor®) Progesterone (Prometrium®) 	Ovulatory AUB: 21 days/month • Provera® 5-10 mg • Norlutate® 2.5-10 mg Anovulatory AUB: Provera®5-10 mg 10 - 14d /month Norlutate® 2.5-10 mg day days 5-25 Micronor® 0.35 mg daily	Prevents proliferation of endometrium	Common: weight gain, bloating, breast tenderness, headaches, acne (but usually minor and transient) Uncommon: nausea, headaches Rare: depression	Undiagnosed vaginal bleeding/breast disease (including CA), pregnancy, severe liver disease, depression Prometrium®: peanut allergy	Medoxy-progesterone 5 mg = \$6-\$15 Micronor® 0.35 mg = \$30-\$35 Norlutate® 5 mg = \$60 Prometrium® 100 mg = \$30
Progestin: Injectable Medoxy-progesterone (Depoprovera®)	150mg IM q 3 months Monitor BMD if use > 2 years	Prevents proliferation of endometrium	Common: weight gain, irregular bleeding, amenorrhea, bloating/fluid retention, breast tenderness Less common: bone density loss	Same as for oral progestins (above)	at \$30-\$45 per injection equals about \$10-\$15 per month
Progestin: Intrauterine Levonorgestrel-releasing system (LNG-IUS) (Mirena®)	Device lasts 5 years, then insert new device	Device which slowly releases progestogen to prevent proliferation of endometrium	Common: irregular breakthrough bleeding (may last for 6 months), Less common: amenorrhea Rare: uterine perforation, expulsion, progesterone side effects from systemic absorption	Pregnancy, PID, undiagnosed uterine bleeding, uterine abnormalities that distort cavity, uterine/cervical malignancy, acute liver disease, immunodeficiency, leukemia	At \$350-\$375 per device equals about \$7 per month

* Common=about 1 in 100 chance; uncommon=about 1 in 1000 chance; very rare=about 1 in 10,000 chance; very rare=about 1 in 100,000 chance

Sources: 1) Bordman R, et al. An Approach to the Diagnosis and Management of Benign Uterine Conditions in Primary Care. Center for Effective Practice, University of Toronto, 2005; **2)** NICE clinical guideline 44. Table 1. Pharmaceutical treatment proven to reduce menstrual bleeding. Available at www.nice.org.uk/CG44 (accessed October 2012).

