



Ryeqo®

relugolix, estradiol, and norethisterone acetate

# RYEQO®

## INFORMATION ABOUT YOUR ENDOMETRIOSIS TREATMENT



GEDEON RICHTER

This leaflet was created by Gedeon Richter and is ONLY for patients who have been prescribed Ryeqo®.

This material should not be used as a substitute for the Consumer Medicine Information (CMI) for Ryeqo® or professional medical advice. Please refer to the CMI for detailed information on this medicine.

## WHY HAVE I BEEN PRESCRIBED RYEQO?

You have been prescribed Ryeqo to help treat your symptoms of endometriosis.<sup>1</sup> The information in this booklet is here to guide and support you through your new treatment journey.



### FACT

You are not alone - **1 in 7** women and those assigned female at birth are estimated to have endometriosis in Australia.<sup>2</sup>

## WHAT IS ENDOMETRIOSIS?

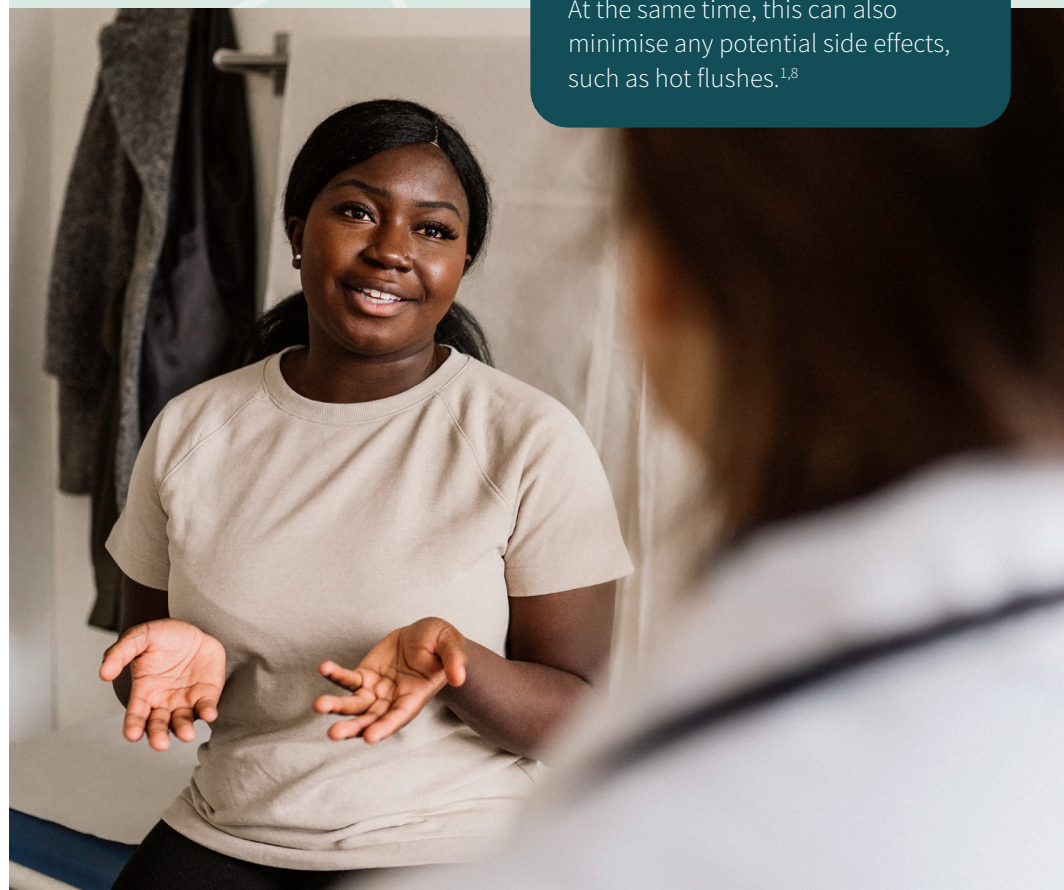
Endometriosis is a condition where the inner lining of your uterus grows outside your uterus.<sup>3,4</sup> Hormonal changes cause this tissue to thicken, break down and bleed during each menstrual cycle causing inflammation. Over time, the broken down tissue may become trapped in your pelvis causing scarring and adhesions.<sup>5</sup>

Common symptoms of endometriosis include chronic pelvic pain and/or struggling to conceive. The pain associated with endometriosis often occurs one or two days before your period and lasts until the end of your period.<sup>3,5</sup> Other symptoms include pain during sex, painful bowel movements and gastrointestinal complaints.<sup>5,6</sup>

## WHAT IS RYEQO?<sup>1</sup>

Ryeqo is a treatment for women who have already had other medical or surgical treatment for their endometriosis. Ryeqo contains relugolix, and the hormones, estradiol and norethisterone acetate. These active substances help balance the level of certain hormones in your body to help reduce the symptoms of endometriosis.

This means you can get relief from the pain of your endometriosis, while still benefiting from the positive impact of balanced hormones, for example on the health of your bones. At the same time, this can also minimise any potential side effects, such as hot flushes.<sup>1,8</sup>



## WILL RYEQO CURE MY ENDOMETRIOSIS?

There is currently no cure for endometriosis, but there are a number of treatments available to manage the symptoms of endometriosis.<sup>3,6</sup> Ryeqo is a non-surgical option that helps reduce the impact symptoms have on your life by offering effective relief from your pain.<sup>1</sup>

It has been shown that treatment with Ryeqo leads to substantial and sustained improvements in the quality of life for women with endometriosis. This is achieved by Ryeqo reducing their symptoms and the distress they cause.<sup>8</sup>

This includes not only reducing the experienced period pain, but also improving energy and mood, the ability to carry out physical and social activities, and sexual function – all of which lead to a better sense of wellbeing.<sup>1,8</sup>



Women taking Ryeqo said that they experienced significant improvement in the effect of endometriosis-related pain on their normal daily activities.<sup>8</sup>

## HOW DO I TAKE RYEQO?

**It's simple.** Ryeqo is a small tablet that only needs to be taken **once** a day.<sup>9</sup>



Shown at actual size

### IT IS RECOMMENDED THAT YOU:<sup>9</sup>



**Start** taking Ryeqo within the first 5 days after the start of bleeding due to your period.



**Keep taking** it daily at about the same time of day



Take Ryeqo **with or without food**



Your doctor or nurse is the best person to talk to if you have any questions about your treatment.



## WHAT SHOULD I EXPECT FROM TREATMENT?

With Ryeqo, most women see a significant effect on their endometriosis symptoms, as soon as four weeks.<sup>8</sup> If it takes a little longer for you to see improvements, this is completely normal.

Ryeqo works on your hormone levels and this may disrupt your usual menstrual cycle. At the start of treatment, you may even notice a temporary increase in menstrual bleeding. However, in most cases, Ryeqo will reduce this bleeding as soon as the first cycle.<sup>8</sup>



Ryeqo offers relief from endometriosis symptoms from 4 weeks of treatment for many patients.<sup>8</sup>

## WILL I EXPERIENCE ANY SIDE EFFECTS?<sup>9</sup>

As with any treatment, side effects are a possibility – however, when Ryeqo patients were compared to those who did not receive any medical treatment for endometriosis, there were no significant side effects experienced.

The most common side effects include headache and hot flushes. Less common side effects include: dizziness, nausea, excessive, irregular, or prolonged bleeding from the womb (uterine bleeding), hair loss, decreased interest in sex, irritability, increased sweating, a lump in the breast tissue (breast cyst), indigestion. You should talk to your doctor if you experience any side effects while taking Ryeqo.

## WHAT ABOUT RYEQO AND CONTRACEPTION?<sup>9</sup>

Firstly, you should not take Ryeqo if you are pregnant or breastfeeding. It is also important to remember that Ryeqo has a contraceptive effect (will stop you becoming pregnant). You are therefore unlikely to become pregnant while you take Ryeqo as recommended. However, should you want to become pregnant in the near future, don't worry: your fertility will return rapidly after you stop taking Ryeqo.



Non-hormonal birth control (e.g. condoms) should be used during the first month after starting Ryeqo.<sup>9</sup>

## WHAT IF I MISS A TABLET?<sup>9</sup>

If you miss a tablet, don't worry, just take the missed tablet as soon as you remember, you should then resume taking your tablet the next day as usual. Do not take a double dose to make up for a missed tablet. If you miss doses for 2 or more days, use a non-hormonal method of contraception (such as condoms) for the next 7 days.

# WHERE CAN I GET FURTHER INFORMATION?

If you have any concerns or questions about endometriosis or Ryeqo, please speak to your healthcare professional.

Alternatively, please contact us:

**Phone** 1300 GEDEON (1300 433 033)

**e-mail** [medinfo@gedeonrichter.com.au](mailto:medinfo@gedeonrichter.com.au)



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## References

1. Ryeqo Approved Product Information. January 2024.
2. Australian Institute of Health and Welfare (2023) Endometriosis, AIHW, Australian Government, accessed 22 January 2024.
3. Office on Women's Health in the U.S. Department of Health and Human Services. 2021. Endometriosis. Accessed November 2023. Available from: <https://www.womenshealth.gov/a-z-topics/endometriosis>.
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6. NHS.UK. 2022. Endometriosis-Treatment. Accessed November 2023. Available from: <https://www.nhs.uk/conditions/endometriosis/treatment/>.
7. Ellis K et al. Front Glob Womens Health. 2022;3:902371.
8. Giudice LC et al. Lancet. 2022;399:2267–2279.
9. Ryeqo Consumer Medicine Information. January 2024.



Please refer to the Ryeqo® Consumer Medicine Information for detailed information on using this medication. The CMI is available from the Therapeutic Goods Association using this QR code.

Tell your doctor as soon as possible if you experience any side effects using Ryeqo®.

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