



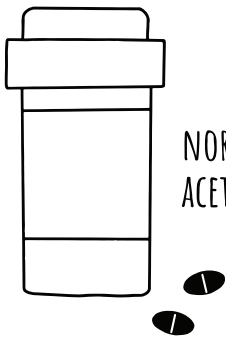
Norethindrone Acetate (NETA)

Norethindrone Acetate (NETA) is an oral progestin-based medication that can be used to manage heavy and painful periods. Check out the information below to find out more about the ins-and-outs of how NETA works and if it might be right for you!

What is norethindrone acetate (NETA)?

- + NETA is an oral medicine that contains only the hormone progestin.

What are reasons for using NETA?



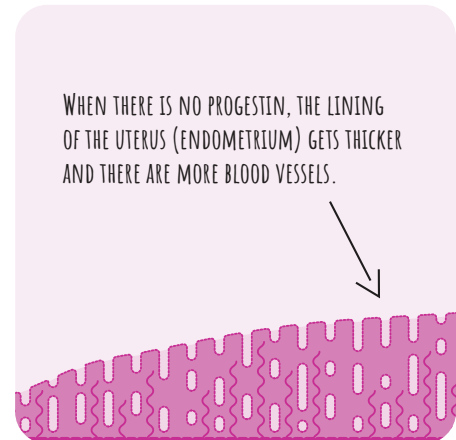
- + Heavy bleeding.
- + Bad cramps.
- + Don't want to have periods.
- + Period self-care is difficult.
- + Keep the lining of the uterus safe.
- + Pelvic pain and endometriosis.
- + Other medical conditions are worse when on your period.

Who can use NETA?

- + NETA can be used safely by anyone who has had menstrual bleeding.
- + NETA does not contain estrogen and does not increase the risk of venous thrombosis or stroke.

How does NETA work?

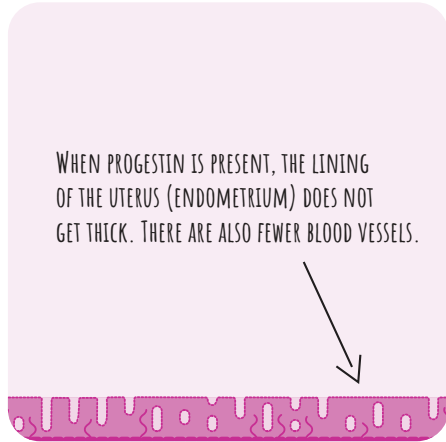
- + The medicine in NETA is called progestin. Progestin makes the lining of uterus thin and stops heavy and painful bleeding.
- + When someone is not on progestin, the lining of the uterus (called the endometrium) gets thick and grows more blood vessels. When someone is not using hormonal therapy, it is important to shed the lining of the uterus regularly.



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Find out more at: cupag.org/periods

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

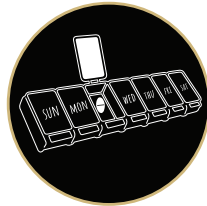


- + When someone is on NETA or another hormonal therapy, the lining of the uterus does not get thick and less blood vessels grow. This means that when there is bleeding, it will be less painful and there will be less bleeding. It also is safe to not have a period at all when on NETA.

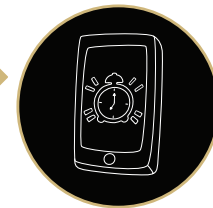
How do I get started on NETA?

- + Your doctor needs to write a prescription for NETA and send this to your pharmacy.
- + The most common dose is 5 mg each day, but some people need 10-15 mg each day. It will come in a regular medication bottle (not a pill pack).
- + You should start the NETA as soon as you get it (do not wait to have a period).
- + Here are some ideas on how to make remembering to take the medication easier:

GET A DAILY PILL ORGANIZER AND PUT YOUR MEDICATION IN THIS EACH WEEK SO YOU DON'T FORGET DOSES.



SET A TIMER ON YOUR CELL PHONE TO REMIND YOU TO TAKE YOUR MEDICATION AT THE SAME TIME EACH DAY.



How do I use NETA to control or stop my menstrual bleeding?

- + There are different ways to use NETA. Talk to your doctor about which one is best for you.
- + **CONTINUOUS DOSING:** Take NETA every day. If you start to have bleeding (what we call “breakthrough bleeding”) while on the medication, do a 4-day break and start again after this break (even if you are still bleeding). After several months, most people can go months to years without having breakthrough bleeding. There is no need to take a break from the NETA when using it in continuous dosing.
- + **EXTENDED DOSING:** Take NETA every day for 90 days in a row. After 90 days, do a 4-day break and start again after this break (even if you are still bleeding).



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What do I do if I start to bleed on NETA when I'm not supposed to?

- + Unexpected and unplanned bleeding is frustrating, but this is a normal side effect especially in the first 3 to 6 months of using NETA. For most people, the best way to deal with unplanned bleeding is to do a 4-day break from the medicine and then start again. Over time, NETA will stop bleeding and these breaks will not be needed.
- + Make sure that you are taking NETA at the same time each day. If you take NETA late or miss a dose, there may be unplanned bleeding.
- + If you are anemic and using NETA to stop your bleeding, please call our office (720-777-2667) and speak with a nurse or doctor for same day advice on what to do.

What are the side effects of NETA?

- + Most people who start NETA don't have side effects. Let us know if you have any concerns about this medicine.

Is NETA also birth control?

- + NETA is not an approved birth control method. Call our office (720-777-2667) if have questions about birth control.



Interested in
learning more?
Check out our guide
to problem periods!



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