



Information for
patients and
carers

Prostap

Introduction

Prostap is a 'gonadotrophin-releasing hormone analogue' (GnRH).

GnRH analogues act in the same way as the body's natural hormones that help to control the menstrual cycle. The analogues can be used in the treatment of fibroids, endometriosis, premenstrual syndrome (PMT) and form part of In Vitro Fertilisation (IVF) treatment. They are also used in the treatment of prostate and breast cancer.

Prostap and Endometriosis

The growth of endometriosis is dependent upon the action of hormones. Prostap works by stopping the production of oestrogen and progesterone. This causes areas of endometriosis to become inactive and degenerate. Symptoms such as pain should therefore be reduced or suppressed. The drug produces an 'artificial menopause'. This is temporary and does not alter your long term fertility.

Unfortunately, the drug is unlikely to 'cure' or permanently control endometriosis. Once Prostap treatment is stopped, symptoms can gradually return.

How is Prostap given?

Prostap is given as an injection into your arm, thigh or abdomen. The first injection can be given in the gynaecology clinic. Future injections will be administered by your GP or practice nurse.

You should notice an improvement in your symptoms within 4-8 weeks of beginning treatment. Some women notice temporary worsening of symptoms in the first 2 weeks. This is because it takes a little while for the body to adjust and hormone levels to drop.

Side effects

As Prostag works by causing an 'artificial menopause' the main side effects are similar to the menopause. These include:

- Hot flushes
- Vaginal dryness which can cause discomfort during intercourse
- Decreased libido (sex drive)
- Difficulties sleeping
- Mood swings

To try and prevent these you will be given a form of hormone replacement therapy (HRT) to take alongside the Prostag. This is called Livial and is a tablet to be taken every day.

It is important to note that though Prostag may cause your periods to stop it is not contraception and barrier methods, for example condoms, should still be used whilst taking Prostag.

Prostag and bone density

Prostag may cause thinning of bones if it is used for an extended period of time. It is currently licensed for 6 months of treatment. To continue beyond this your gynaecologist will discuss with you the risks and benefits of continuing the treatment.

Some women stay on treatment for extended periods of time. If this happens you will be asked to have a DEXA scan (similar to an X-ray). This will measure your bone density and help guide the safety of your treatment.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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