

**Gonadotrophin-releasing Hormone
(GnRH) Analogue Injections**
for the Treatment of Pelvic Pain & Fibroids
(Decapeptyl / Zoladex)



Obstetrics & Gynaecology

patient**information**



The Rotherham
NHS Foundation Trust

Bring your medicines when you come into hospital

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Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.net

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

كوردی سۆرانی

نەگەر تۆ یان کەسێک کە تۆ دەناسی پێویستی بەیارمەتی هەبێت یۆ نەو دی لەم بەلگەنامە بە تێبگات یان بیخوێنێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ناو ژمارەیهی سەروددا یان بەو نێماڵه.

Arabic

عربي

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اُردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

It has been suggested that you have a treatment called gonadotrophin-releasing hormone analogue (or agonist) by your doctor.

What are GnRH analogues?

GnRH analogue is a modified version of a hormone produced naturally by your body.

GnRH analogues are designed to 'switch off' the ovaries temporarily and create a 'menopausal' state. This is done by blocking the hormones that stimulate the ovaries to produce eggs and will only last as long as you are on the medication.

Examples of the GnRH given in this treatment include Decapeptyl (triptorelin acetate), Zoladex (gosarelin acetate) and Prostag (leuprorelin acetate).

What are GnRH analogues used for?

GnRH analogues are offered to patients with gynaecological conditions that are affected by the hormones of the menstrual cycle. These include:

Endometriosis, adenomyosis and pelvic pain - to reduce pain related to the menstrual cycle and heavy periods.

Fibroids - to reduce symptoms such as heavy periods, or as a longer term treatment if surgery is not an option.

Given before surgery such as fibroid removal or endometrial ablation - to make fibroids smaller and/or the endometrial lining thinner making them easier and safer to remove or treat. It will also give an indication to how you may feel following surgery.

As a diagnostic test - to see if conditions such as severe pre-menstrual syndrome (PMS) or chronic pain are affected by hormones of the menstrual cycle, giving us a better idea how to manage the pain. If the GnRH analogues are unsuccessful, the removal of the ovaries will also be unsuccessful.

GnRH Analogues Injections for the Treatment of Pelvic Pain & Fibroids (Decapeptyl / Zoladex)

How do I take GnRH analogues?

GnRH analogues are usually given as an injection into a muscle such as the buttocks.

This may be a one-off injection or a course of injections (for example, once a month for 6 months).

You will have your first injection at the hospital and any further injections will be with your GP or practice nurse. Some preparations are also available as a nasal spray.

How long can I stay on GnRH analogues for?

Currently, GnRH analogues are not licensed for use for more than 6 months due to concerns that the treatment causes thinning of the bones. In some cases, a Consultant Gynaecologist can agree to a more prolonged course of treatment however, you must be made aware of the risks. You should also be advised to have bone scans along with hormone replacement therapy (HRT).

Are there any other risks or side effects with GnRH analogues?

As with most medications, GnRH analogues may produce unwanted side effects.

Very common

(may affect more than 1 in 10 people)

- Difficulty sleeping
- Headaches
- Acne
- Hot flushes
- Sweating

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Common (may affect up to 1 in 10 people)

- Weight changes
- Mood changes
- Depression
- Tingling in hands or feet
- Dizziness
- Nausea
- Joint pain
- Muscle weakness
- Breast tenderness
- Changes in breast size
- Vaginal dryness
- Swelling in ankles
- Skin reactions at the injection site (these include skin hardening, redness, pain, abscesses, swelling, nodules, ulcers, and skin damage)

Uncommon (may affect up to 1 in 100 people)

- Loss of appetite
- Changes in blood lipids (cholesterol)
- Altered vision
- Pounding heartbeats
- Diarrhoea
- Vomiting
- Abnormalities in liver blood tests
- Hair loss
- Muscle aches
- Fever
- Chills
- Tiredness

**Frequency not known (how often they occur
cannot be estimated from the available data)**

- Blood tests may show anaemia (low red cell counts), low counts in white cells or platelets, changes in blood sugar
- Paralysis
- Blood clots in the lungs
- High or low blood pressure
- Jaundice
- Abnormalities in liver function
- Fracture of the spine
- Seizure
- Thinning of bone
- Vaginal bleeding
- Inflammation of lungs or lung disease

These side effects are reversible and, in most cases, will stop when the treatment ends. You may be prescribed HRT during your treatment to replace what your body would normally be producing and this will reduce these side effects. If the side effect become too much, please contact the clinic for advice.

Allergic reactions

Allergic reactions to GnRH analogues are very uncommon, however, if you experience any of the following please seek medical attention immediately:

- Itching
- Skin rash
- Shortness of breath
- Chest pain

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Following your first injection your body may try to compensate by increasing your hormones. This may last for around 2 weeks until your body adjusts to the medication. Your symptoms may feel worse during this time.

The medication will usually stop your periods but you may experience a vaginal bleed during the first month of treatment. This is known as a 'hormone withdrawal bleed' and will stop once your body has adjusted to the medication.

Contraception and Fertility

You should not have this treatment if you are pregnant, trying to conceive or breastfeeding. You will be asked to provide a urine sample at your appointment to ensure you are not pregnant when the treatment is given.

Although the injections work by stopping the menstrual cycle, it is not licenced as contraception. You should use barrier contraception (e.g. condoms or diaphragm) for the duration of your treatment.

Hormonal contraception must not be used during your treatment.

There is no long-term impact on fertility once the treatment is stopped and the menstrual cycle returns. However, a regular menstrual cycle may take 2-3 months to return. The longer you use - this treatment, the longer it may take for your periods to return to normal.

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BP at time of first injection:

_____ / _____ mmHg

First injection given in clinic on:

Next injection due (usually with GP) on:

Please be aware, we will be unable to administer the injection if your blood pressure is too high. This will be checked before each administration.

If you have any further questions you can contact us in the Gynaecology Clinic at Greenoaks (01709 427641).

How to contact us

Greenoaks

Telephone 01709 427641

Switchboard

Telephone 01709 820000

Useful contact numbers

**If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.**

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Quit Smoking Service

Telephone 01709 422444

UECC (A&E)

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.rotherhive.co.uk

www.rcog.org.uk

www.endometriosis-uk.org

www.britishfibroidtrust.org.uk

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team

D Level

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 4.00pm

Email: your.experience@nhs.net



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