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## **LUPRON**

Lupron is highly effective in controlling the symptoms of Endometriosis and Fibroids.

During therapy side effects noted below may occur, but medication can help with that.....

### **MEDICATIONS** (hormone add-back therapy)

- A low dose of hormones can be prescribed which can significantly reduce side effects and make treatment quite tolerable. This medication is often started at the same time as the Lupron, thereby avoiding many of the side effects noted above. Often used is **Norethindrone acetate (Aygestin)** 5mg a day. If you are going to be on Lupron for longer than 3-6 months then the use of hormone add-back therapy become mandatory to avoid possible bone loss that can occur with Lupron.

The suggestions below can also help you cope with these side effects, should you experience them:

### **HOT FLASHES**

- Avoid hot heavy clothing, turtlenecks, wool & nylon, etc. Dress in layers so you can remove clothing as needed.
- Do not get sunburned.
- Eat 6 small meals instead of 3 large meals. Drink iced drinks. Avoid hot drinks.
- Cold water splashed on the face or a small cold water soaked towel around the neck relieves hot flashes and may make them shorter in duration.
- Keep a hot flash diary so you can recognize causes of hot flashes like smoking, caffeine, stress and alcohol and avoid them as much as possible.

### **VAGINAL DRYNESS**

- Use water based lubricants for intercourse; Examples: K-Y Jelly, Astroglide. Also you can use Replens for daily vaginal moisturizing.

### **BLOATING**

- Eat less salt. Pay close attention to salt content of prepared foods such as chips, pickles, canned vegetables and lunch meats. Salt will cause your body to retain fluids.
- Increase your water intake - Yes, increase it! This will aid water elimination.

### **ATTITUDE OR MOOD CHANGES**

- Realize this is a temporary phase. Explain to family members and ask for their understanding.
- Remember you are in a medically induced menopause in which occurred in a few days. Give yourself time to adjust.
- Sometimes a brief change in environment and responsibilities helps. Treat yourself to a trip to the mall or maybe a visit with an old friend. Keep busy.
- Notify me if you are feeling significantly depressed.

### **SLEEP DISTURBANCE RELATED TO NIGHT SWEATS**

- Wear loose light cotton sleepwear.
- Fans help, but avoid direct air to a wet body after sweating as the air moisture interaction could result in a chill.
- Avoid eating and exercise for at least two hours before bedtime.
- Be prepared to change sleepwear during the night.

**\*\* If it becomes difficult to cope with your side effects, please call/email.\*\***