

Your guide



to taking Bijuva

**estradiol
and progesterone
capsules**



Further information on Bijuva can
be found in the Consumer Medical
Information by scanning the QR code

Bijuva

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Why have I been prescribed Bijuva?¹

This guide will talk you through taking Bijuva and answer some questions you might have about how it works.

The information here doesn't replace what your doctor has told you. But it may be a helpful reminder of what they've said.

Bijuva is a type of hormone replacement therapy, known as HRT. You will have been given it by your doctor because you are suffering from menopausal symptoms.

Bijuva is for postmenopausal women whose last natural period was at least one year ago.

When you go through menopause, your ovaries gradually stop making estrogen. While your periods stopping is one of the most obvious signs, falling estrogen levels can also cause a range of other symptoms.²



Menopausal symptoms include hot flashes, mood swings, sleep disturbances and bladder discomfort. These can impact on your life hugely and make juggling your day-to-day responsibilities especially challenging.¹

How does Bijuva work?¹

The hormones in Bijuva are “body identical”. This means they mirror those made naturally in your body, and act in the same way too.

Bijuva is made up of two parts.

Each capsule contains a combination of hormones.

Estradiol:

Identical to the estrogen produced by your own body

It's there to treat symptoms like hot flashes and night sweats by replacing the estrogen your body has lost



Micronised progesterone:

Identical to the progesterone produced by your own body

It's there to protect your womb, as well as promoting calm, good mood and sleep

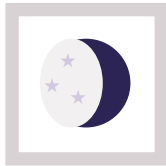


How do I take Bijuva?¹

Bijuva can help you sleep better without making you feel drowsy, so always take your capsule in the evening. Also, by taking your capsule at the same time each day, it will be easier to remember.



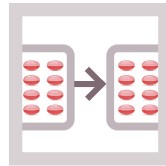
One capsule every day



In the evening before bed



With food and water



Without a break in-between

It might be helpful to set a reminder for when you need more Bijuva. That way you can make sure you don't run out of capsules.

How do I store Bijuva?

It's important you return your pack of capsules to its box after taking Bijuva each night to protect them from light.

What should I do if I forget to take Bijuva?¹

How long has it been since you were meant to have taken your missed Bijuva capsule?



Less than 12 hours ago



Take the missed capsule as soon as you remember



Take the next capsule at your usual time



More than 12 hours ago



Do not take the missed capsule



Take the next capsule at your usual time

Just be aware that you are more likely to have breakthrough bleeding after missing a capsule.







Only one Bijuva capsule should be taken at a time, so don't take two together to make up for a missed dose.

Ask your doctor for advice if you miss more than one capsule in a row, or if you take too much Bijuva.

Will I get any bleeding with Bijuva?¹

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Even though your periods may have stopped, as with other HRT, you could get some bleeding with Bijuva.

	0-6 months after starting Bijuva	6+ months after starting Bijuva	After stopping Bijuva
Bleeding or spotting	 Normal	 Speak to your doctor	 Speak to your doctor
No bleeding	 Normal	 Normal	 Normal

The type of bleeding you may get with Bijuva is different to a natural period and won't happen at the same time each month.

When you start Bijuva, it's normal to have some light spotting or heavier bleeding as your body adjusts to the new change in hormone levels.

When should I stop taking Bijuva?¹

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Ask your doctor if you are ever unsure about whether you should be taking Bijuva.



Speak to your doctor and stop taking Bijuva straight away if you:

- Have yellow skin or eyes
- Feel dizzy and tired with a headache
- Become pregnant
- Have painful swelling and redness in one leg
- Have sudden chest pain
- Find it difficult to breathe
- Have uncomfortable swelling in your body

Side effects are always a possibility with any kind of medication. You may get some with Bijuva, though not everybody does.

The most likely side effects of Bijuva are tender breasts, feeling sick, headaches, pelvic pain, discharge and bleeding from the vagina.

Don't wait for a scheduled check-up appointment to mention side effects that are worrying you. Discuss them with your doctor as soon as possible.



You must not take Bijuva if you have any of these health conditions, or have ever had them in the past:

- Breast cancer
- Uterine cancer
- The lining of your womb is too thick
- Unexplained bleeding from your vagina
- Liver disease
- Blood clotting disorder
- Blood clot
- Heart attack
- Stroke
- Serious pain in or around your chest
- Porphyria (a rare inherited blood disease)

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Information for women prescribed Bijuva[®]

References: 1. Bijuva Consumer Medicine Information, May, 2022

2. Australasian Menopause Society Consumer Fact Sheets: www.menopause.org.au. Accessed July, 2022.

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