CLEAN AMENDED PROPOSED PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S4

TIBOLONE ACTOR tablets

Tibolone 2,5 mg

Contains sugar (lactose monohydrate 74,80 mg/tablet).

Read all of this leaflet carefully before you start taking TIBOLONE ACTOR

Keep this leaflet. You may need to read it again.

If you have further questions, please ask your doctor, pharmacist, nurse or other healthcare provider.

TIBOLONE ACTOR has been prescribed for you personally and you should not share your medicine with other people.

It may harm them, even if their symptoms are the same as yours.

What is in this leaflet

1. What TIBOLONE ACTOR is and what it is used for
2. What you need to know before you take TIBOLONE ACTOR
3. How to take TIBOLONE ACTOR
4. Possible side effects
5. How to store TIBOLONE ACTOR
6. Contents of the pack and other information

1. What TIBOLONE ACTOR is and what it is used for

During and after the menopause, the production of sex hormones by the body decreases. Women may then suffer from complaints such as hot flushes, night sweats, vaginal irritation, depression and loss of sexual desire. In addition, the menopause may cause thinning of the bones (osteoporosis).

TIBOLONE ACTOR contains tibolone, a substance that can replace the natural sex hormones after the menopause. TIBOLONE ACTOR can relieve menopausal complaints, also in women who have had their ovaries removed; prevent bone loss and improve bone mineral density in established post-menopausal osteoporosis. Relief of symptoms usually starts within a few weeks, but optimal results are obtained after at least 3 months of treatment. TIBOLONE ACTOR is not intended for contraceptive use.
Unlike some other preparations used for hormone replacement therapy, TIBOLONE ACTOR does not stimulate the lining of the womb. Treatment with TIBOLONE ACTOR therefore does not lead to monthly vaginal bleeding.

2. What you need to know before you take TIBOLONE ACTOR

Do not take TIBOLONE ACTOR

- if you are allergic (hypersensitive) to tibolone or any of the other ingredients of TIBOLONE ACTOR (listed in section 6).
- if you are **pregnant** or think you may be pregnant.
- if you are **breastfeeding**.
- if you have or have ever had **breast cancer**, or if you are suspected of having it.
- if you have a family history of breast cancer.
- if you have **cancer which is sensitive to oestrogens**, such as cancer of the womb lining (endometrium), or if you are suspected of having it.
- if you have any **unexplained vaginal bleeding.**
- if you have **excessive thickening of the womb lining** (endometrial hyperplasia) that is not being treated.
- if you have or have ever had a **blood clot in a vein** (thrombosis), such as in the legs (deep venous thrombosis) or the lungs (pulmonary embolism).
- if you have inherited thrombophilia.
- if you have a **blood clotting disorder** (such as protein C, protein S or antithrombin deficiency).
- if you have or recently have had a disease caused by blood clots in the arteries, such as a **heart attack**, **stroke** or **angina**.
- if you have or have ever had a **liver disease** and your liver function tests have not returned to normal.

- if you have a rare blood problem called "porphyria" which is passed down in families (inherited).
- if you have inherited genetic mutations: BRCA1 and BRCA 2 genes.
- if you have had early menstrual periods (before the age of 12 years).
- if you have a history of non-cancerous breast diseases.
- if you have had previous treatment using radiation therapy to the chest or breast.
- if you have had previous exposure to diethylstilbestrol (DES).

If any of the above conditions appear for the first time while taking TIBOLONE ACTOR, stop taking it at once and consult your doctor immediately.

Warnings and precautions

Take special care with TIBOLONE ACTOR

Tell your doctor if you have ever had any of the following problems, before you start the treatment, as these may return or become worse during treatment with TIBOLONE ACTOR. If so, you should see your doctor more often for check-ups:

- fibroids inside your womb
- growth of the womb lining outside your womb (endometriosis) or a history of excessive growth of the womb lining (endometrial hyperplasia)
- increased risk of developing blood clots
- increased risk of getting an oestrogen-sensitive cancer (such as having a mother, sister or grandmother who has had breast cancer)
- high blood pressure
- a liver disorder, such as a benign liver tumour
- diabetes
- gallstones
- migraine or severe headaches

- a disease of the immune system that affects many organs of the body (systemic lupus erythematosus, SLE)
- epilepsy
- asthma
- a disease affecting the eardrum and hearing (otosclerosis)
- a very high level of fat in your blood (triglycerides)
- fluid retention due to cardiac or kidney problems.

Stop taking TIBOLONE ACTOR and see a doctor immediately

If you notice any of the following when taking TIBOLONE ACTOR:

- any of the conditions mentioned in **"Do not take TIBOLONE ACTOR"**
- yellowing of your skin or the whites of your eyes (jaundice). These may be signs of a liver disease.
- a large rise in your blood pressure (symptoms may be headache, tiredness, dizziness)
- migraine-like headaches which happen for the first time
- if you become pregnant
- if you notice signs of a blood clot, such as:
  - painful swelling and redness of the legs
  - sudden chest pain
  - difficulty in breathing.

Caution: Before taking TIBOLONE ACTOR it is important to tell your doctor if you have or have ever had too much cholesterol or other fatty substances in the blood. Also tell your doctor if you have been treated with other sex hormones recently.

During long-term treatment with TIBOLONE ACTOR annual medical checks are recommended.

TIBOLONE ACTOR and cancer:

Excessive thickening of the lining of the womb (endometrial hyperplasia) and cancer of the lining of the womb (endometrial cancer)

There have been reports and studies of an increased cell growth or cancer of the lining of the womb in women using TIBOLONE ACTOR. The risk of cancer of the lining of the womb increases with the duration of use.

Irregular bleeding:

You may have irregular bleeding or drops of blood (spotting) during the first 3 to 6 months of taking TIBOLONE ACTOR.

However, if the irregular bleeding:

- carries on for longer than the first 6 months
- starts after you have been taking TIBOLONE ACTOR for longer than 6 months
- carries on after you have stopped taking TIBOLONE ACTOR.

Consult your doctor as soon as possible.

Breast cancer:

Evidence suggests that taking combined oestrogen-progestogen and possibly also oestrogen-only hormone replacement therapy increases the risk of breast cancer.

However, evidence also suggests that there was no risk of developing breast cancer if therapy started at 60 years of age.

The extra risk depends on how long you take hormone replacement therapy. The additional risk becomes clear within a few years. However, it returns to normal within a few years (at most 5) after stopping treatment.

Regularly check your breasts (yearly breast examinations by a healthcare provider and perform monthly breast self-examinations). See your doctor if you notice any changes such as:

- dimpling or sinking of the skin
- changes in the nipple
- any lumps you can see or feel.

Ovarian cancer:

Ovarian cancer is rare. A slightly increased risk of ovarian cancer has been reported in women taking hormone replacement therapy for at least 5 to 10 years.

Effect of TIBOLONE ACTOR on heart and circulation

Blood clots in a vein (thrombosis)

The risk of **blood clots in the veins** is about 1,3 to 3-times higher in hormone replacement therapy users than in non-users, especially during the first year of taking it.

Blood clots can be serious, and if one travels to the lungs, it can cause chest pain, breathlessness, fainting or even death.

You are more likely to get a blood clot in your veins as you get older and if any of the following applies to you. Inform your doctor if any of these situations apply to you:

- you are pregnant or recently had a baby
- you use oestrogens
- you are unable to walk for a long time because of major surgery, injury or illness
- you are seriously overweight (BMI > 30 kg/m^2)
- you have any blood clotting problem that needs long-term treatment with a medicine used to prevent blood clots
- if any of your close relatives has ever had a blood clot in the leg, lung or another organ
- you have systemic lupus erythematosus (SLE)
- you have cancer.

For signs of a blood clot, see "Stop taking TIBOLONE ACTOR and see a doctor immediately" above.

Heart disease (heart attack)

There is no evidence that TIBOLONE ACTOR will prevent a heart attack.

Stroke

Recent research suggests that hormone replacement therapy and TIBOLONE ACTOR increases the risk of having a stroke. This increased risk has mainly been observed in elderly postmenopausal women above 60 years of age.

Other conditions

TIBOLONE ACTOR should not be taken until 12 months after your last natural menstrual bleed. If TIBOLONE ACTOR is taken sooner than this, the risk of irregular menstrual bleeding may be increased.

TIBOLONE ACTOR contains lactose

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking TIBOLONE ACTOR.

Other medicines and TIBOLONE ACTOR

Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines.)

Some medicines may interfere with the effect of TIBOLONE ACTOR. This might lead to irregular bleeding. This applies to the following medicines:

- Medicines against blood clotting (such as warfarin)
- Medicines for epilepsy (such as phenobarbital, phenytoin and carbamazepine)
- Medicines for tuberculosis (such as rifampicin)
- Herbal remedies containing St. John's Wort (*Hypericum perforatum*).

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

TIBOLONE ACTOR must not be used by women who are pregnant or breastfeeding.

Driving and using machines

TIBOLONE ACTOR may cause dizziness and visual disturbances, including blurred vision. You should be aware of how you react to TIBOLONE ACTOR before you drive or operate machinery. If you feel dizzy or find that your vision is affected after taking TIBOLONE ACTOR, do not drive or operate machinery, until these effects wear off.

3. How to take TIBOLONE ACTOR

Do not share medicines prescribed for you with any other person.

Always take TIBOLONE ACTOR exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dosage is one tablet daily, preferably at the same time each day. Swallow the tablet whole without chewing, using some water or other fluid.

Each TIBOLONE ACTOR blister strip contains 30 white tablets. The first tablet should be taken from the section marked "Start here" in the upper row of the blister strip. You should then follow the direction of the arrows and continue taking one tablet each day until the blister strip is empty.

If you take more TIBOLONE ACTOR than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. If you have taken several tablets at a time, you may have nausea, vomiting and in females vaginal bleeding may occur after a few days.

If you forget to take TIBOLONE ACTOR

Take the missed dose as soon as you remember unless you are more than 12 hours late. If you are more than 12 hours late, do not take the missed dose and just carry on with the next dose as normal.

4. Possible side effects

TIBOLONE ACTOR can have side effects.

Not all side effects reported for TIBOLONE ACTOR are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking TIBOLONE ACTOR, please consult your healthcare provider for advice.

The following diseases are reported more often in women using hormone replacement therapy compared to women not using hormone replacement therapy:

- breast cancer
- abnormal growth or cancer of the lining of the womb (endometrial hyperplasia or cancer)
- ovarian cancer
- blood clots in the veins of the legs or lungs (venous thromboembolism)
- heart disease
- stroke

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

If you notice possible signs of thrombosis such as:

headache or pain elsewhere in your body, dizziness, fainting, disturbances in vision, swollen ankles or jaundice (yellowing of the eyes or skin).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequent side effects:

vaginal bleeding or spotting, abdominal pain, weight gain, breast pain, unnatural hair growth, vaginal symptoms such as discharge, itching and irritation.

Less frequent side effects:

acne, dizziness, headache, migraine, depression, rash or itching, visual disturbances, gastrointestinal upset, fluid retention, joint pain, muscle pain, changes in liver function.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you experience side effects, talk to your doctor or pharmacist.

You can report side effects to Actor Pharma (Pty) Ltd via email: pharmacovigilance@actorpharma.co.za or telephonically on 011 312 3812.

You can also report side effects to SAHPRA via the **"6.04 Adverse Drug Reaction Reporting Form"**, found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of TIBOLONE ACTOR.

5. How to store TIBOLONE ACTOR

Store all medicines out of reach of children.

Store at or below 25 °C in the original package.

Do not use after the expiry date stated on the carton.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What TIBOLONE ACTOR contains

The active substance is tibolone.

The other ingredients are: ascorbyl palmitate, lactose monohydrate, magnesium stearate and potato starch.

What TIBOLONE ACTOR looks like and contents of the pack

White to whitish round tablets.

Pack sizes:

1 x 28 film-coated tablets (1 blister strip per carton; 28 tablets per blister strip).

3 x 28 film-coated tablets (3 blister strips per carton; 28 tablets per blister strip).

Not all pack sizes may be marketed.

Holder of Certificate of Registration

Actor Pharma (Pty) Ltd[1]

Royal Palm Business Estate

Unit 7, 646 Washington Street

Halfway House, Midrand, 1685

This leaflet was last revised in

29 August 2023

Registration number

48/21.13/0297

Access to the corresponding Professional Information:

The corresponding Professional Information is available electronically on www.actorpharma.co.za.

Alternatively, to obtain this Professional Information please contact Actor Pharma (Pty) Ltd on 011-312 3812 or email info@actorpharma.co.za.

[1] Company Registration number: 2008/008787/07