

Prostap and Zoladex Therapy Injections (Gynaecology)

Information for patients

Introduction

Prostap and Zoladex are types of drug called gonadotrophin-releasing hormone analogues (GnRHa). They are both very similar and Prostap is usually given by this hospital. These drugs may be used to treat conditions such as fibroids, endometriosis, premenstrual syndrome (PMS).

What are the possible side effects?

Prostap and Zoladex work by causing a temporary 'artificial menopause' in the body, by decreasing the production of oestrogen and stopping menstruation (periods). It is not unusual for some women to experience increased bleeding in the first month of treatment, this usually resolves by itself. The main side effects of the drugs are similar to the effects of the menopause:

- Hot flushes
- Increased sweating
- Vaginal dryness causing discomfort during intercourse
- Decreased libido (sex drive)
- Decreased bone density (thinning of the bones) if used for a long time without Hormone Replacement Therapy (HRT) (see below)

If you experience any of the above side effects, this includes any not listed. Discuss these with the Doctor or Nurse treating you, as there are some forms of HRT which can be used to help with any side effects.

What are the alternatives?

There may be alternative treatments for the condition for which Prostap and Zoladex is being offered and if you would like to have more information about this, please consult the doctor treating you. These alternatives will vary depending on the condition being treated.

How do I take Prostap and Zoladex?

Prostap / Zoladex are given as a subcutaneous injection (underneath the skin) in the abdomen. We will administer the first dose in Gynaecology Outpatients and repeat doses will be given at your GP surgery either by the GP or the practice nurse, every month or every three months depending on the preparation. You will need to ring your GP practice to make your appointment for further injections.

How long will my treatment last for?

Some people stay on treatment for longer than two years. If this happens you would then be asked to have a DEXA scan, (similar to an x-ray), to measure your bone density.

Mid Cheshire Hospitals NHS Foundation Trust would like to thank Wrightington, Wigan and Leigh NHS Foundation Trust for their permission to use their information in this leaflet.

For more information, please visit: www.prostapdcs.co.uk. Prostag can also be used for treatment for some male conditions.

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612212 / 612293.

Contact numbers

If you have any questions or concerns you can contact us on the numbers below and we can arrange for a Nurse or Doctor to call you back if required.

Gynaecology Outpatient Reception Desk: 01270 612212 / 612293

Secretary: 01270 612053

Phone numbers monitored: 08.30am - 4.30pm, Monday to Friday (excluding Bank Holidays)
(Answer phone also available)

Printed: January 2022 Review: January 2025 Ref: WC/GYNAE/0320122



Because you  matter