



What is DISTILBENE®

Medicine Name	Description
Diethylstilbestrol, hormone therapy	1 mg pill

How should you take your medicine?

Your doctor has determined your medicine dosage.

In your case, the dosage is as follows:..... mg per day, i.e....1 mg pill(s), 3 times per day, every day.

Swallow whole with a glass of water; do not crush, cut, chew, or dilute the pills.

At a set time, with or without meals.

If you forgot to take a dose or in case of vomiting, do not take an additional dose but wait for the time to take the next dose.

Dosage – therapy regimen

3 times a day, at a set time, with or without meals										
With no gaps										
	D1	D2	D3	D4	D5	D6	D7	...	D28	

How to get the medicine supply?

This medicine is available in local pharmacies.

Getting this medicine might take time. Be careful and order the medicine in advance. Store this product in its original packaging, away from sources of heat and moisture.

What else do you need to know?

Precautions and monitoring

Laboratory tests are necessary while taking your medication (blood test to monitor lipid profile, liver function, and blood glucose level), as well as clinical condition monitoring (blood pressure).

Using contraceptives

This drug may harm an unborn baby. During the entire treatment, you and your partner need to use effective contraception methods (during treatment, the use of contraceptives by women and men is mandatory).

Interactions with other medications and/or food

The occurrence of interactions between DISTILBENE® and your other treatments may have harmful consequences (reduced drug efficacy and tolerance). It is important to tell your pharmacist and doctor about all medications and/or other substances (foods, plants, probiotics, essential oils, nutritional supplements, etc.) that you are taking.

Example: While taking DISTILBENE®, it is necessary to avoid using Saint John's wort, ginkgo biloba, bitter orange, butcher's broom, licorice, yohimbe.

What are possible side effects?

Only the most common side effects are listed below. There might be some other side effects. For additional information, refer to your medicine leaflet or seek advice from your doctor or pharmacist.

SIDE EFFECTS	
Most common ones	Abnormal lab results: high cholesterol and triglycerides level, abnormal liver function tests Eye problems: irritation Others: headaches, dizziness, limb swellings, weight gain
Some patients require special attention	Patients with epilepsy Patients with a history of cardiovascular disease
WHEN TO ALERT THE MEDICAL TEAM?	



<p>Tell medical personnel if the following conditions are present and in the absence of specific medical advice</p>	<p>Hypertension symptoms Headaches, buzzing in the ears, and/or dizziness Blood pressure increase Symptoms suggestive of cardiac problems Shortness of breath, high palpitations, or chest pain or tightness Weakness in one side of the body, severe headaches, convulsions, confusion, problems speaking, vision changes, or severe dizziness Symptoms of phlebitis Red, warm, and painful calf Depression symptoms Depressive thoughts Sleeplessness Memory loss Problems with libido</p>
<p>HOW TO PREVENT SIDE EFFECTS?</p>	
<p>Blood pressure control</p>	<p>Elevated blood pressure needs to be corrected. Taking arterial pressure regularly is recommended. Pharmacists can help you take your blood pressure. You can also ask to do it by yourself using an automatic blood pressure monitor.</p>
<p>Weight</p>	<p>Regularly check your weight in case of swelling of the limbs.</p>
<p>Swelling</p>	<p>Avoid wearing tight clothing, socks, and shoes. Put your feet in an elevated position.</p>
<p>Eyes</p>	<p>Avoid wearing contact lenses. Avoid driving in low light.</p>
<p>HOW TO ADAPT YOUR DIET?</p>	
<p>Weight gain</p>	<p>Drink plenty of fluid and avoid sugary drinks. Opt for a diverse diet: more vegetables and fruit, lean meat (skinless poultry, rabbit). Plan to have a light meal to avoid snacking. Avoid sausages, pastries, and various sweets, fried foods, as well as fatty and sugary processed foods.</p>
<p>Swellings</p>	<p>Opt for a low salt diet.</p>

