

# What are Prostag and Gonapeptyl?

## **What are Prostag and Gonapeptyl?**

These are called GNRH analogues (Gonadotrophin-releasing hormone antagonists). These are a group of drugs given to stop the production of hormones, that in women are released by the ovaries every month. Currently at the Mid Yorkshire Hospitals we use Gonapeptyl and Prostag.

## **Why would I need to be given Prostag or Gonapeptyl?**

It can be given in the treatment of certain conditions such as endometriosis, either as a preparation pre-surgery or on it's own as a medical treatment.

## **How does it work in these conditions?**

- It can reduce the size of uterine fibroids before a surgical procedure. This can make surgery less complicated.
- It suppresses ovarian activity which therefore reduces symptoms of endometriosis.
- It can sometimes be used to assist in diagnosing the cause of nonspecific pelvic pain, to thin the lining of the womb before a surgical procedure of endometrial ablation or removal of sub mucous fibroids.

## **How will I be given Prostag or Gonapeptyl?**

Prostag and Gonapeptyl are given as an injection.

Prostag may be given either under the skin of your stomach below your belly button, or under the skin at the top of your arm.

Gonapeptyl is given under the skin of stomach below your belly button.

## **What happens if I am waiting for an operation?**

You may need to have only one or two injections before surgery.

Your appointment for injections will be made once you have received a date for your operation. The central waiting list office organises this.

## **How often will it be given?**

The injection is usually given every 4-5 weeks for as long as your treatment is necessary.

## **How do I make my appointment?**

If you weren't given an appointment as you left clinic would you please contact: **Gynaecology outpatients department, Pontefract Hospital, level D, on : 01977 747420 when your next period begins. This is to arrange an appointment for your first injection. If you are unable to speak to someone in the department, please leave your details on the answering machine for someone to ring you back.**

These appointments are currently on a Wednesday afternoon at Pontefract Hospitals and Tuesday mornings at Dewsbury Hospital.

Following your first injection you will be given another appointment for your next injection.

Always remind your doctor or nurse to make another appointment for your next injection if the treatment is to be continued. A three monthly preparation of these drugs are available and can be used in appropriate circumstances.

## **How long will I need this treatment?**

Your doctor will decide the length of your treatment depending on the reason for its use. This is usually no more than 6 months, although it can be used for longer with the addition of hormone replacement.

## **Will I have any side effects?**

As with all medications there may be some side effects on your body. These may include hot flushes, headaches, mood changes, vaginal dryness, loss of sex drive and changes in breast size. These could be similar to those experienced during the menopause.

Sometimes there may be a local reaction around the injection site. This could include slight reddening, swelling, mild bruising and mild skin rashes. A small 'pea' sized lump may be present at the injection site for a few weeks after receiving the injection, please inform the nurse at your next clinic visit. This treatment can also cause increased blood pressure, this is why it is necessary to gain a base line blood pressure reading prior to commencing the injections. If you experience severe headaches or headaches that are not relieved by simple analgesia (Paracetamol or ibuprofen) while you are having the injections, please inform your general practitioner.

**You may have a 'period' type bleed approximately 2 weeks after having your first injection. This is normal but can be heavier than a period. Occasionally irregular bleeding can occur, usually only in women with fibroids or those who are very overweight.**

## **Can I still become pregnant during this treatment?**

Although unlikely it is possible to get pregnant, but not advisable. On rare occasions only, on Consultant recommendations, can a woman continue to take contraception at the same time as having this treatment. You will need to use an appropriate non-hormonal method of contraception and most importantly before your first injection.

## **Will Prostag or Gonapeptyl have a permanent effect on my body?**

No in most cases your body will return to its usual cycle within 2-3 months once the treatment is discontinued.

## **For further information please contact:**

For appointments at Pinderfields or Pontefract:	01977 747420
Gynaecology Assessment Unit (GAU)	01924 541135

---

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: **01924 542972** or email: **myh-tr.palSMidYorks@nhs.net**

**1040i**

Updated Nov 2019  
Review Date 2022



**Dewsbury and District Hospital**  
Halifax Road, Dewsbury WF13 4HS

**Pinderfields Hospital**  
Aberford Road, Wakefield WF1 4DG

**Pontefract Hospital**  
Friarwood Lane, Pontefract WF8 1PL

 01924 541000

 @MidYorkshireNHS

 TheMidYorkshireHospitalsNHSTrust

 [www.midyorks.nhs.uk](http://www.midyorks.nhs.uk)