

# Treatment with Ulipristal Acetate (Esmya)

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

**Author:** Registrar  
**Department:** Gynaecology Services  
**Document Number:** STHK1806  
**Version:** 1  
**Review date:** 01 / 05 / 2025

## What is Esmya?

Esmya is a medicine that helps partially block the progesterone hormone from working on certain tissues in the body. Progesterone is a hormone produced, in part, by the ovaries. In certain circumstances, progesterone can stimulate the growth of fibroids within the uterus (womb). Fibroids are non-cancerous growths of the muscle layer of the uterus. By blocking the progesterone, Esmya can help reduce the size of the fibroids.

## Why have I been offered Esmya?

In some women, fibroids can cause symptoms such as heavy periods or pressure within the lower abdomen (tummy). By reducing the size of the fibroids, we aim to reduce the severity of the symptoms they are causing. There is a chance that there will be no change in symptoms, in which case your Gynaecology team would look at other options to treat your symptoms.

## How do I take Esmya?

We advise performing a home pregnancy test before starting your first course, especially if your periods are irregular. You should start Esmya within the first week of your next period. You then take a daily dose for the next 3 months. You will require some blood tests before starting the medication to check that your liver is healthy. These will be repeated at set intervals during your treatment. After 3 months, we would normally see you in the clinic before continuing with further Esmya. There is a limit on the number of courses that your doctor can prescribe. We would also recommend having one normal period after completing the 3 month course.

## If you take more Esmya than you should

Experience with Esmya when several doses are taken at once is limited. There have been no reports of serious harmful effects from taking several doses of this medicine at once. You should nonetheless ask your doctor or pharmacist for advice if you take more Esmya than you should.

## If you forget to take Esmya

If you miss a dose by less than 12 hours, take it as soon as you remember. If you miss a dose by more than 12 hours, skip the missed tablet and take only a single tablet as usual. [Do not take a double dose to make up for a forgotten tablet.](#)

## If you stop taking Esmya

Esmya is to be taken daily during treatment courses of up to 3 months continuously. During each course of treatment, do not stop taking your tablets without the advice of your doctor even if you feel better, as symptoms may re-occur later.

## Esmya and the liver

There have been case reports of Esmya causing irreversible liver damage in a small number of women. For this reason, we need to monitor your liver through blood tests whilst on treatment. We will measure liver function before starting Esmya, every month for the first 6 months of using Esmya and then once before each new treatment course. If there is any damage to the liver, we would advise you to stop taking it immediately.

## Who should not take Esmya?

You should not take Esmya:


- if you are allergic to ulipristal acetate or any of the other ingredients of Esmya
- if you have an underlying liver disorder
- if you are pregnant/planning to become pregnant in the near future
- if you are breastfeeding
- if you have vaginal bleeding not caused by uterine fibroids
- if you have cancer of the uterus (womb), cervix (the neck of the womb), ovary or breast.

## Contraception & Esmya

Esmya is likely to make some hormone containing contraceptives less effective. In addition, hormonal contraceptives containing certain hormones are also likely to make Esmya less effective. Therefore, hormonal contraceptives are not recommended and you should use an alternative reliable barrier contraceptive method, such as a condom, during Esmya treatment. If you should become pregnant whilst taking Esmya, do not continue with your next dose and contact the Gynaecology Ward 3E on 0151 430 1522 (24 hours).

## Allergies/Medications & Esmya

If you take any regular medicines, please inform the doctor who prescribes your Esmya, to ensure that they will not interfere with your treatment. We would also advise reading the medicines information leaflet that comes with your medication to ensure you are not allergic to any of the ingredients.



Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

 /sthknhs  @sthk.nhs

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