

638-10-785-5

**PREFEST™
(estradiol/norgestimate)
tablets**

PHYSICIAN'S PACKAGE INSERT

WARNING

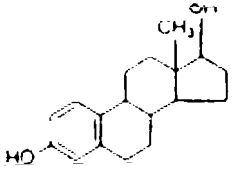
Estrogens and progestins should not be used for the prevention of cardiovascular disease.

The Women's Health Initiative (WHI) study reported increased risks of myocardial infarction, stroke, invasive breast cancer, pulmonary emboli, and deep vein thrombosis in postmenopausal women during 5 years of treatment with conjugated equine estrogens (CE 0.625 mg) combined with medroxyprogesterone acetate (MPA 2.5 mg) relative to placebo (see CLINICAL PHARMACOLOGY, Clinical Studies). Other doses of conjugated estrogens with medroxyprogesterone, and other combinations of estrogens and progestins were not studied in the WHI and, in the absence of comparable data, these risks should be assumed to be similar. Because of these risks, estrogens with or without progestins should be prescribed at the lowest effective doses and for the shortest duration consistent with treatment goals and risks for the individual woman.

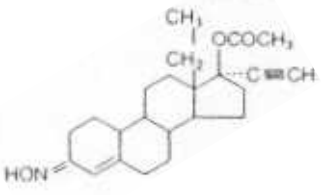
DESCRIPTION

The PREFEST regimen provides for a single oral tablet to be taken once daily. The pink tablet containing 1.0 mg estradiol is taken on days one through three of therapy; the white tablet containing 1.0 mg estradiol and 0.09 mg norgestimate is taken on days four through six of therapy. This pattern is then repeated continuously to produce the constant estrogen/intermittent progestogen regimen of PREFEST.

The estrogenic component of PREFEST is estradiol, USP. It is a white, crystalline solid, chemically described as *estra-1,3,5(10)-triene-3,17β-diol*. It has an empirical formula of $C_{18}H_{24}O_2$ and molecular weight of 272.39. The structural formula is



The progestational component of PREFEST is micronized norgestimate, a white powder which is chemically described as *18,19-dioxo-17-pregn-4-en-20-yn-3-one, 17-(acetyloxy)-13-ethyl-, (17α)-(+)-*. It has an empirical formula of $C_{27}H_{40}NO_2$ and a molecular weight of 398.59. The structural formula is



Each tablet for oral administration contains 1.0 mg estradiol alone or 1.0 mg estradiol and 0.09 mg of norgestimate, and the following inactive ingredients: croscarmellose sodium, microcrystalline cellulose, magnesium stearate, ferric oxide red, and lactose monohydrate.

CLINICAL PHARMACOLOGY

Endogenous estrogens are largely responsible for the development and maintenance of the female reproductive system and secondary sexual characteristics.

Although circulating estrogens exist in a dynamic equilibrium of metabolic interconversions, estradiol is the principal intracellular human estrogen and is substantially more potent than its metabolites, estrone and estradiol, at the receptor level. The primary source of estrogen in normally cycling adult women is the ovarian follicle, which secretes 70 to 500 micrograms of estradiol daily, depending on the phase of the menstrual cycle. After menopause, most endogenous estrogen is produced by conversion of androstenedione, secreted by the adrenal cortex, to estrone by peripheral tissues. Thus, estrone and the sulfate conjugated form, estrone sulfate, are the most abundant circulating estrogens in postmenopausal women.

Estrogens act through binding to nuclear receptors in estrogen-responsive tissues. To date, two estrogen receptors have been identified. These vary in proportion from tissue to tissue.

Circulating estrogens modulate the pituitary secretion of the gonadotropins, luteinizing hormone (LH) and follicle stimulating hormone (FSH), through a negative feedback mechanism. Estrogens act to reduce the elevated levels of these hormones seen in postmenopausal women.

Norgestimate is a derivative of 19-nortestosterone and binds to androgen and progestogen receptors, similar to that of the natural hormone progesterone; it does not bind to estrogen receptors. Progestins counter the estrogenic effects by decreasing the number of nuclear estradiol receptors and suppressing epithelial DNA synthesis in endometrial tissue.

Pharmacokinetics

Absorption

Estradiol reaches its peak serum concentration (C_{max}) at approximately 7 hours in postmenopausal women receiving PREFEST (Table 1). Norgestimate is completely metabolized; its primary active metabolite, 17-deacetylnorgestimate, reaches C_{max} at approximately 2 hours after dose (Table 1). Upon co-administration of PREFEST with a high fat meal, the C_{max} values for estrone and estrone sulfate were increased by 14% and 24%, respectively, and the C_{max} for 17-deacetylnorgestimate was decreased by 16%. The AUC values for these analytes were not significantly affected by food.

Distribution

The distribution of exogenous estrogens is similar to that of endogenous estrogens. Estrogens are widely distributed in the body and are generally found in higher concentrations in the sex hormone target organs. Estrogens circulate in the blood largely bound to sex hormone binding globulin (SHBG) and albumin. 17-deacetylnorgestimate, the primary active metabolite of norgestimate, does not bind to SHBG, but to other serum proteins. The percent protein binding of 17-deacetylnorgestimate is approximately 99%.

Metabolism

Exogenous estrogens are metabolized in the same manner as endogenous estrogens. Circulating estrogens exist in a dynamic equilibrium of metabolic interconversions. These transformations take place mainly in the liver. Estradiol is converted reversibly to estrone, and both can be converted to estradiol, which is the major urinary metabolite. Estrogens also undergo enterohepatic recirculation via sulfate and glucuronide conjugation in the liver, biliary secretion of conjugates into the intestine, and hydrolysis in the gut followed by reabsorption. In postmenopausal women, a significant portion of the circulating estrogens exist as sulfate conjugates, especially estrone sulfate, which serves as a circulating reservoir for the formation of more active estrogens. Norgestimate is extensively metabolized by first-pass mechanisms in the gastrointestinal tract and/or liver. Norgestimate's primary active metabolite is 17-deacetylnorgestimate.

Excretion

Estradiol, estrone, and estriol are excreted in the urine along with glucuronide and sulfate conjugates. Norgestimate metabolites are eliminated in the urine and feces. The half-life ($t_{1/2}$) of estradiol and 17-deacetyl-norgestimate in postmenopausal women receiving PREFEST is approximately 16 and 37 hours, respectively.

Drug Interactions

In vitro and in vivo studies have shown that estrogens are metabolized partially by cytochrome P450 3A4 (CYP3A4). Therefore, inducers or inhibitors of CYP3A4 may affect estrogen drug metabolism. Inducers of CYP3A4 such as St. John's Wort preparations (*Hypericum perforatum*), phenobarbital, carbamazepine, and rifampin may reduce plasma concentrations of estrogens, possibly resulting in a decrease in therapeutic effects and/or changes in the uterine bleeding profile. Inhibitors of CYP3A4 such as erythromycin, clarithromycin, ketoconazole, itraconazole, ritonavir and grapefruit juice may increase plasma concentrations of estrogens and may result in side effects.

Results of a subset population ($n=24$) from a clinical study conducted in 36 healthy postmenopausal women indicated that the steady state serum estradiol levels during the estradiol plus norgestimate phase of the regimen may be lower by 12-18% as compared with estradiol administered alone. The serum estrone levels may decrease by 4% and the serum estrone sulfate levels may increase by 17% during the estradiol plus norgestimate phase as compared with estradiol administered alone. The clinical relevance of these observations is unknown.

Special Populations

Race and body weight

The effects of race and body weight on the pharmacokinetics of estradiol, norgestimate, and their metabolites were evaluated in 164 healthy postmenopausal women (100 Caucasians, 61 Hispanics, 2 Blacks, and 1 Asian). No significant pharmacokinetic difference was observed between the Caucasian and the Hispanic postmenopausal women. No significant difference due to body weight was observed in women in the 60 to 80 kg weight range. Women with body weight higher than 80 kg, however, had approximately 40% lower peak serum levels of 17-deacetylnorgestimate, 30% lower AUC values for 17-deacetylnorgestimate and 30% lower C_{max} values for norgestrel. The clinical relevance of these observations is unknown.

No pharmacokinetic studies were conducted in other special populations.

Analyte	Parameter ²	Units	First Dose E ₂	First Dose E ₂ /NGM	Multiple Dose E ₂	Multiple Dose E ₂ /NGM
E ₂	C_{max}	pg/mL	27.4	39.3	49.7	46.2
	t_{max}	h	7	7	7	7
	AUC(0-24 h)	pg. h/mL	424	681	864	779
E ₁	C_{max}	pg/mL	210	285	341	325
	t_{max}	h	6	6	7	6
	AUC(0-24 h)	pg. h/mL	2774	4153	5429	4957
E ₁ S	C_{max}	ng/mL	11.1	13.9	14.9	14.5
	t_{max}	h	5	4	6	5
	AUC(0-24 h)	ng.h/mL	135	180	198	198
17d-NGM	C_{max}	pg/mL	NA ³	515	NA	643
	t_{max}	h	NA	2	NA	2
	AUC(0-24 h)	pg. h/mL	NA	2146	NA	5322
	$t_{1/2}$	h	NA	37	NA	NA

¹ E₂ = Estradiol, E₁ = Estrone, E₁S = Estrone Sulfate, 17d-NGM = 17-deacetylnorgestimate. Baseline uncorrected data are reported for E₂, E₁, and E₁S.

² C_{max} = peak serum concentration, t_{max} = time to reach peak serum concentration, AUC(0-24 h) = area under serum concentration vs. time curve from 0 to 24 hours after dose, $t_{1/2}$ = half-life.

³ NA = Not available or not applicable.

Effects on vasomotor symptoms

The effect of the estrogen component of PREFEST on vasomotor symptoms was confirmed in a 12-week placebo-controlled trial of 168 healthy postmenopausal women between 29 and 65 years of age (87% Caucasian)

with moderate to severe vasomotor symptoms (MSVS). The addition of norgestimate to estrogen (i.e., the PREFEST regimen) was studied in two 12-month trials in 1212 healthy postmenopausal women between 40 and 65 years of age (85% Caucasian) for endometrial protection. Results from a subset population (n=119) of these 12-month trials (women with MSVS) are shown in Table 2.

	1 mg E ₂		PREFEST	
	N	Mean	N	Mean
Baseline	29	11.0	26	10.9
Week 4	29	3.3	26	2.6
Week 8	29	1.1	23	0.9
Week 12	29	1.1	23	0.7

The effects of the addition of norgestimate on steady state estrogen levels and the clinical relevance thereof have been discussed in CLINICAL PHARMACOLOGY (see Drug Interactions).

Effects on vulvar and vaginal atrophy

The effect of the estrogen component of PREFEST on vulvar and vaginal atrophy was confirmed in a 12-week placebo-controlled trial of healthy postmenopausal women with moderate to severe vasomotor symptoms (MSVS). The addition of norgestimate to estrogen (i.e., the PREFEST regimen) was studied in a 12-month trial in 143 healthy postmenopausal women between 42 and 65 years of age (92% Caucasian) for endometrial protection. Results from a subset population (n=69) with paired tests for maturation index of the vaginal mucosa are shown in Table 3.

	Pretreatment Mean	Month 7 Mean	Mean Change
		1 mg Estradiol (N=37)	
Parabasal Cells (%)	25.1	2.7	-22.4
Intermediate Cells (%)	69.2	76.4	7.2
Superficial Cells (%)	5.7	20.9	15.3
		PREFEST (N=32)	
Parabasal Cells (%)	31.9	0.0	-31.9
Intermediate Cells (%)	64.2	80.9	16.7
Superficial Cells (%)	3.9	19.1	15.2

Effects on the endometrium

The effect of PREFEST on the endometrium was evaluated in two 12-month trials. The combined results are shown in Table 4

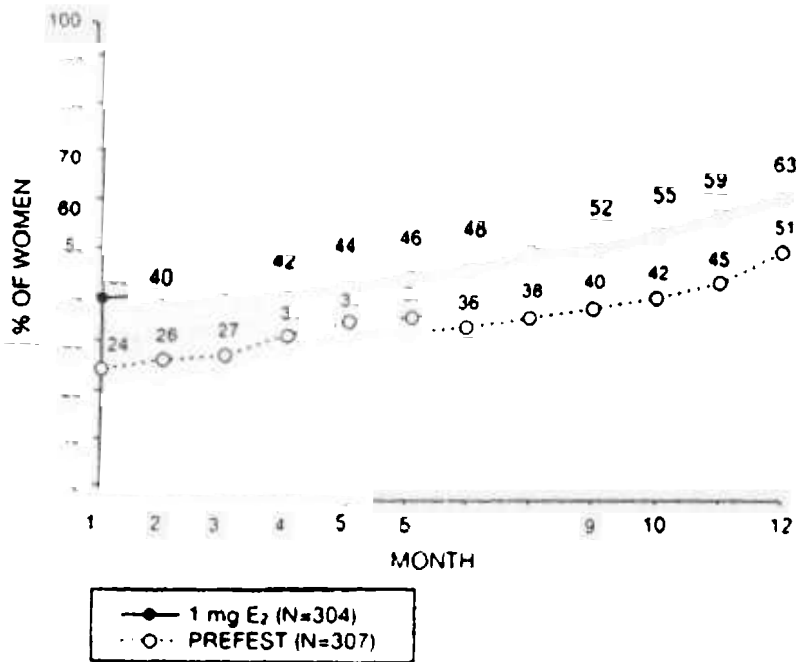
	Continuous 1 mg estradiol	PREFEST
Total No. Subjects	265	242
Total No. Evaluable Biopsies	256 (97%)	227 (94%)
Normal endometrium	182 (71%)	227 (100%)
Simple hyperplasia	64 (25%)	0 (0%)
Complex hyperplasia	2 (0.8%)	0 (0%)
Hyperplasia with cytological atypia	8 (3%)	0 (0%)

In another 12-month controlled clinical trial for endometrial protection an additional 190 postmenopausal women were treated with PREFEST. No subject had a diagnosis of endometrial hyperplasia after treatment

Effects on uterine bleeding or spotting

The effects of PREFEST on uterine bleeding or spotting, as recorded on daily diary cards, were evaluated in two 12-month trials. Combined results are shown in Figure 1.

Figure 1: Subjects With Cumulative Amenorrhea Over Time (Percentage of Women With No Bleeding or Spotting at a Given Month Through Month 12), Intent to Treat Population



Effects on lipids

The effect of PREFEST on lipids was evaluated in a 12-month metabolic trial of healthy postmenopausal women

Results are shown in Table 5

	1 mg E ₂		PREFEST	
	N	Change	N	Change
Total Cholesterol	36	1.2	31	-1.9
HDL	36	12.0	31	9.7
LDL	31	1.7	30	1.2
Triglycerides	36	29.0	31	9.4

Women's Health Initiative Studies

A substudy of the Women's Health Initiative (WHI) enrolled a total of 16,608 predominantly healthy postmenopausal women (average age of 63 years, range 50 to 79; 83.9% White, 6.5% Black, 5.5% Hispanic) to assess the risks and benefits of the use of 0.625 mg conjugated equine estrogens (CE) plus 2.5 mg medroxyprogesterone acetate (MPA) per day compared to placebo in the prevention of certain chronic diseases. The primary endpoint was the incidence of coronary heart disease (CHD) (nonfatal myocardial infarction and CHD death), with invasive breast cancer as the primary adverse outcome studied. A "global index" included the earliest occurrence of CHD, invasive breast cancer, stroke, pulmonary embolism (PE), endometrial cancer, colorectal cancer, hip fracture, or death due to other cause. The study did not evaluate the effects of CE/MPA on menopausal symptoms. The CE/MPA substudy was stopped early because, according to the predefined stopping rule, the increased risk of breast cancer and cardiovascular events exceeded the specified benefits included in the "global index." Results of the CE/MPA substudy, which included 16,608 women (average age of 63 years, range 50 to 79; 83.9% White, 6.5% Black, 5.5% Hispanic), after an average follow-up of 5.2 years are presented in Table 6 below:

Event ^b	Relative Risk CE/MPA vs placebo at 5.2 Years (95% CI)	Placebo n = 8102	CE/MPA n = 8506
		Absolute Risk per 10,000 Person-years	
CHD events	1.29 (1.02–1.63)	30	37
Non-fatal MI	1.32 (1.02–1.72)	23	30
CHD death	1.18 (0.70–1.97)	6	7
Invasive breast cancer ^b	1.26 (1.00–1.59)	30	38
Stroke	1.41 (1.07–1.85)	21	29
Pulmonary embolism	2.13 (1.39–3.25)	8	16
Colorectal cancer	0.63 (0.43–0.92)	16	10
Endometrial cancer	0.83 (0.47–1.47)	6	5
Hip fracture	0.66 (0.45–0.98)	15	10
Death due to causes other than the events above	0.92 (0.74–1.14)	40	37
Global Index ^c	1.15 (1.03–1.28)	151	170
Deep vein thrombosis ^d	2.07 (1.49–2.87)	13	26
Vertebral fractures ^d	0.66 (0.44–0.98)	15	9
Other osteoporotic fractures ^d	0.77 (0.69–0.86)	170	131

^a adapted from JAMA, 2002; 288:321–333

^b includes metastatic and non-metastatic breast cancer with the exception of in situ breast cancer

^c a subset of the events was combined in a "global index", defined as the earliest occurrence of CHD events, invasive breast cancer, stroke, pulmonary embolism, endometrial cancer, colorectal cancer, hip fracture, or death due to other causes

^d not included in Global Index

nominal confidence intervals unadjusted for multiple looks and multiple comparisons

For those outcomes included in the "global index," absolute excess risks per 10,000 person-years in the group treated with CE/MPA were 7 more CHD events, 8 more strokes, 8 more PEs, and 8 more invasive breast cancers, while absolute risk reductions per 10,000 person-years were 6 fewer colorectal cancers and 5 fewer hip fractures. The absolute excess risk of events included in the "global index" was 19 per 10,000 person-years. There was no difference between the groups in terms of all-cause mortality. (See **BOXED WARNING**, **WARNINGS**, and **PRECAUTIONS**.)

INDICATIONS AND USAGE

PREFEST is indicated in women who have a uterus for the:

1. Treatment of moderate to severe vasomotor symptoms associated with the menopause.
2. Treatment of moderate to severe symptoms of vulvar and vaginal atrophy associated with the menopause. When used solely for the treatment of symptoms of vulvar and vaginal atrophy, topical vaginal products should be considered.
3. Prevention of postmenopausal osteoporosis. When prescribing solely for the prevention of postmenopausal osteoporosis, therapy should only be considered for women at significant risk of osteoporosis and non-estrogen medications should be carefully considered.

The mainstays for decreasing the risk of postmenopausal osteoporosis are weight bearing exercise, adequate calcium and vitamin D intake, and when indicated, pharmacologic therapy. Postmenopausal women require an average of 1500 mg/day of elemental calcium. Therefore, when not contraindicated, calcium supplementation may be helpful for women with suboptimal dietary intake. Vitamin D supplementation of 400-800 IU/day may also be required to ensure adequate daily intake in postmenopausal women.

CONTRAINDICATIONS

Estrogens/progestins combined should not be used in women with any of the following conditions:

1. Undiagnosed abnormal genital bleeding
2. Known, suspected, or history of cancer of the breast.
3. Known or suspected estrogen-dependent neoplasia.
4. Active deep vein thrombosis, pulmonary embolism or history of these conditions.
5. Active or recent (e.g., within the past year) arterial thromboembolic disease (e.g., stroke, myocardial infarction).
6. PREFEST should not be used in patients with known hypersensitivity to its ingredients.
7. Known or suspected pregnancy. There is no indication for PREFEST in pregnancy. There appears to be little or no increased risk of birth defects in women who have used estrogens and progestins from oral contraceptives inadvertently during early pregnancy (See **PRECAUTIONS**).

WARNINGS

See **BOXED WARNINGS**.

1. Cardiovascular disorders.

Estrogen/progestin therapy has been associated with an increased risk of cardiovascular events such as myocardial infarction and stroke, as well as venous thrombosis and pulmonary embolism (venous thromboembolism or VTE). Should any of these occur or be suspected, estrogen/progestin therapy should be discontinued immediately.

Risk factors for cardiovascular disease (e.g., hypertension, diabetes mellitus, tobacco use, hypercholesterolemia, and obesity) should be managed appropriately.

a. *Coronary heart disease and stroke.*

In the CE/MPA substudy of Women's Health Initiative (WHI), an increased risk of coronary heart disease (CHD) events (defined as non-fatal myocardial infarction and CHD death) was observed in women receiving CE/MPA compared to women receiving placebo (37 vs 30 per 10,000 person-years). The increase in risk was observed in year one and persisted. (See **CLINICAL PHARMACOLOGY, Clinical Studies**.)

In the same substudy of WHI, an increased risk of stroke was observed in women receiving CE/MPA compared to women receiving placebo (29 vs 21 per 10,000 person-years). The increase in risk was observed after the first year and persisted.

In postmenopausal women with documented heart disease (n=2,763, average age 66.7 years) a controlled clinical trial of secondary prevention of cardiovascular disease (Heart and Estrogen/Progestin Replacement Study; HERS) treatment with CE/MPA 0.625mg/2.5mg per day demonstrated no cardiovascular benefit. During an average follow-up of 4.1 years, treatment with CE/MPA did not reduce the overall rate of CHD events in postmenopausal women with established coronary heart disease. There were more CHD events in the CE/MPA-treated group than in the placebo group in year 1, but not during the subsequent years. Two thousand three hundred and twenty one women from the original HERS trial agreed to participate in an open label extension of HERS, HERS II. Average follow-up in HERS II was an additional 2.7 years, for a total of 6.8 years overall. Rates of CHD events were comparable among women in the CE/MPA group and the placebo group in HERS, HERS II, and overall.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risks of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis.

b. *Venous thromboembolism (VTE).*

In the CE/MPA substudy of WHI, a 2-fold greater rate of VTE, including deep venous thrombosis and pulmonary embolism, was observed in women receiving CE/MPA compared to women receiving placebo. The rate of VTE was 34 per 10,000 woman-years in the CE/MPA group compared to 16 per 10,000 woman-years in the placebo group. The increase in VTE risk was observed during the first year and persisted. (See **CLINICAL PHARMACOLOGY, Clinical Studies**.)

If feasible, estrogens should be discontinued at least 4 to 6 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

2. Malignant neoplasms.

a. Breast cancer.

Estrogen/progestin therapy in postmenopausal women has been associated with an increased risk of breast cancer. In the CE/MPA substudy of the Women's Health Initiative study (WHI), a 26% increase of invasive breast cancer (38 vs 30 per 10,000 woman-years) after an average of 5.2 years of treatment was observed in women receiving CE/MPA compared to women receiving placebo. The increased risk of breast cancer became apparent after 4 years on CE/MPA. The women reporting prior postmenopausal use of estrogens and/or estrogen with progestins had a higher relative risk for breast cancer associated with CE/MPA than those who had never used these hormones. (See **CLINICAL PHARMACOLOGY, Clinical Studies.**)

Epidemiologic studies have reported an increased risk of breast cancer in association with increasing duration of postmenopausal treatment with estrogens with or without progestin. This association was reanalyzed in original data from 51 studies that involved various doses and types of estrogens, with and without progestins. In the reanalysis, an increased risk of having breast cancer diagnosed became apparent after about 5 years of continued treatment, and subsided after treatment had been discontinued for 5 years or longer. Some later studies have suggested that postmenopausal treatment with estrogens and progestin increase the risk of breast cancer more than treatment with estrogen alone.

A postmenopausal woman without a uterus who requires estrogen should receive estrogen-alone therapy, and should not be exposed unnecessarily to progestins. All postmenopausal women should receive yearly breast exams by a health care provider and perform monthly self-examinations. In addition, mammography examinations should be scheduled based on patient age and risk factors.

b. Endometrial cancer.

The reported endometrial cancer risk among unopposed estrogen users is about 2- to 12-fold greater than in non-users, and appears dependent on duration of treatment and on estrogen dose. Most studies show no significant increased risk associated with use of estrogens for less than one year. The greatest risk appears associated with prolonged use, with increased risks of 15- to 24-fold for five to ten years or more and this risk has been shown to persist for at least 8 to 15 years after estrogen therapy is discontinued.

Clinical surveillance of all women taking estrogen/progestin combinations is important. Adequate diagnostic measures, including endometrial sampling when indicated, should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. There is no evidence that the use of natural estrogens results in a different endometrial risk profile than synthetic estrogens of equivalent estrogen dose.

3. Gallbladder disease.

A 2- to 4-fold increase in the risk of gallbladder disease requiring surgery in postmenopausal women receiving estrogens has been reported.

4. Hypercalcemia.

Estrogen administration may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures taken to reduce the serum calcium level.

5. Visual abnormalities.

Retinal vascular thrombosis has been reported in patients receiving estrogens. Discontinue medication pending examination if there is sudden partial or complete loss of vision, or a sudden onset of proptosis, diplopia, or migraine. If examination reveals papilledema or retinal vascular lesions, estrogens should be discontinued.

PRECAUTIONS

A. General.

Addition of a progestin when a woman has not had a hysterectomy.

Studies of the addition of a progestin for 10 or more days of a cycle of estrogen administration, or daily with estrogen in a continuous regimen, have reported a lowered incidence of endometrial hyperplasia than would be induced by estrogen treatment alone. Endometrial hyperplasia may be a precursor to endometrial cancer.

There are, however, possible risks that may be associated with the use of progestins with estrogens compared to estrogen-alone treatment. These include:

- a. A possible increased risk of breast cancer
- b. Adverse effects on lipoprotein metabolism (e.g., lowering HDL, raising LDL)
- c. Impairment of glucose tolerance

2. *Elevated blood pressure.*

In a small number of case reports, substantial increases in blood pressure have been attributed to idiosyncratic reactions to estrogens. In a large, randomized, placebo-controlled clinical trial, a generalized effect of estrogens on blood pressure was not seen. Blood pressure should be monitored at regular intervals with estrogen use.

3. *Familial hyperlipoproteinemia.*

In patients with familial defects of lipoprotein metabolism, estrogen therapy may be associated with elevations of plasma triglycerides leading to pancreatitis and other complications.

4. *Impaired liver function.*

Estrogens may be poorly metabolized in patients with impaired liver function. For patients with a history of cholestatic jaundice associated with past estrogen use or with pregnancy, caution should be exercised and in the case of recurrence, medication should be discontinued.

5. *Uterine bleeding.*

Use of PREFEST, can be associated with spotting, uterine bleeding, and anemia.

6. *Hypothyroidism.*

Estrogen administration leads to increased thyroid-binding globulin (TBG) levels. Patients with normal thyroid function can compensate for the increased TBG by making more thyroid hormone, thus maintaining free T_4 and T_3 serum concentrations in the normal range. Patients dependent on thyroid hormone replacement therapy who are also receiving estrogens may require increased doses of their thyroid replacement therapy. These patients should have their thyroid function monitored in order to maintain their free thyroid hormone levels in an acceptable range.

7. *Fluid retention.*

Because estrogen/progestins may cause some degree of fluid retention, patients with conditions that might be influenced by this factor, such as a cardiac or renal dysfunction, warrant careful observation when estrogens are prescribed.

Estrogens should be used with caution in individuals with severe hypocalcemia.

9. Ovarian cancer.

Use of estrogen-only products, in particular for ten or more years, has been associated with an increased risk of ovarian cancer in some epidemiological studies. Other studies did not show a significant association. Data are insufficient to determine whether there is an increased risk with combined estrogen/progestin therapy in postmenopausal women.

10. Exacerbation of endometriosis.

Endometriosis may be exacerbated with administration of estrogens.

11. Exacerbation of other conditions.

Estrogens may cause an exacerbation of asthma, diabetes mellitus, epilepsy, migraine or porphyria and should be used with caution in women with these conditions.

B. Patient Information.

Physicians are advised to discuss the contents of the PATIENT INFORMATION leaflet with patients for whom they prescribe PREFEST.

C. Laboratory Tests.

Estrogen administration should be guided by clinical response at the lowest dose for the approved indication, rather than by serum hormone levels (e.g., estradiol, FSH).

D. Drug/Laboratory Test Interactions.

1. Accelerated prothrombin time, partial thromboplastin time, and platelet aggregation time; increased platelet count; increased factors II, VII antigen, VIII antigen, VIII coagulant activity, IX, X, XII, VII-X complex, II-VII-X complex, and beta-thromboglobulin; decreased levels of antifactor Xa and antithrombin III; decreased antithrombin III activity; increased levels of fibrinogen and fibrinogen activity; increased plasminogen antigen and activity.
2. Increased thyroid-binding globulin (TBG) levels leading to increased circulating total thyroid hormone levels as measured by protein-bound iodine (PBI), T_4 levels (by column or by radioimmunoassay) or T_3 levels by radioimmunoassay. T_3 resin uptake is decreased, reflecting the elevated TBG. Free T_4 and free T_3 concentrations are unaltered. Patients on thyroid replacement therapy may require higher doses of thyroid hormone.
3. Other binding proteins may be elevated in serum (i.e., corticosteroid binding globulin (CBG), sex hormone-binding globulin (SHBG)) leading to increased circulating corticosteroids and sex steroids, respectively. Free or biologically active hormone concentrations are unchanged. Other plasma proteins may be increased (angiotensinogen/renin substrate, alpha-1-antitrypsin, ceruloplasmin).
4. Increased plasma HDL and HDL₂ subfraction concentrations, reduced LDL cholesterol concentration, increased triglycerides levels
5. Impaired glucose tolerance.
6. Reduced response to metyrapone test.

E. Carcinogenesis, Mutagenesis, and Impairment of Fertility.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, uterus, cervix, vagina, testis, and liver. (See **BOXED WARNING, CONTRAINDICATIONS, and WARNINGS.**)

F. Pregnancy.

Estrogens and progestins should not be used during pregnancy. (See **CONTRAINDICATIONS.**)

There may be a slight (1%) risk of masculinization of the genitals of a female fetus (primarily clitoral hypertrophy) with exposure to certain progestin, such as PREFEST.

G. Nursing Mothers.

Estrogen administration to nursing mothers has been shown to decrease the quantity and quality of breast milk. Detectable amounts of estrogens and progestins have been identified in the milk of mothers receiving the drugs. Caution should be exercised when PREFEST is administered to a nursing mother.

H. Pediatric Use.

PREFEST is not indicated for use in children.

I. Geriatric Use.

There have not been sufficient numbers of geriatric patients involved in clinical studies utilizing PREFEST to determine whether those over 65 years of age differ from younger subjects in their response to PREFEST.

ADVERSE REACTIONSSee **BOXED WARNINGS, WARNINGS, and PRECAUTIONS.**

Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice. The adverse reaction information from clinical trials does, however, provide a basis for identifying the adverse events that appear to be related to drug use and for approximating rates.

Table 7. ALL TREATMENT-EMERGENT ADVERSE EVENTS REGARDLESS OF DRUG RELATIONSHIP REPORTED AT A FREQUENCY OF \geq 5% WITH PREFEST	
FOUR 12-MONTH CLINICAL TRIALS	
	PREFEST (Estradiol and NGM) (N = 579) N (%)
Body as a Whole	
Back pain	69 (12%)
Fatigue	32 (6%)
Influenza-like symptoms	64 (11%)
Pain	37 (6%)
Digestive System	
Abdominal pain	70 (12%)
Flatulence	29 (5%)
Nausea	34 (6%)
Tooth disorder	27 (5%)
Musculoskeletal System	
Arthralgia	51 (9%)
Myalgia	30 (5%)
Nervous System	
Dizziness	27 (5%)
Headache	132 (23%)
Psychiatric Disorders	
Depression	27 (5%)
Reproductive System	
Breast pain	92 (16%)
Dysmenorrhea	48 (8%)
Vaginal bleeding (all)	52 (9%)
Vaginitis	42 (7%)
Resistance Mechanism Disorders	
Viral infection	35 (6%)
Respiratory System	
Coughing	28 (5%)
Pharyngitis	38 (7%)
Sinusitis	44 (8%)
Upper respiratory-tract infection	121 (21%)

The following adverse reactions also have been reported with estrogen and/or progestin therapy:

1. *Genitourinary system*

Changes in vaginal bleeding pattern and abnormal withdrawal bleeding or flow, breakthrough bleeding, spotting, change in amount or cervical secretion, premenstrual-like syndrome, cystitis-like syndrome, increase in size of uterine leiomyomata, vaginal candidiasis, amenorrhea, changes in cervical erosion, ovarian cancer, endometrial hyperplasia, endometrial cancer.

2. *Breasts*

Tenderness, enlargement, galactorrhea, discharge, fibrocystic breast changes, breast cancer.

3. *Cardiovascular*

Deep and superficial venous thrombosis, pulmonary embolism, thrombophlebitis, myocardial infarction, stroke, increase in blood pressure.

4. *Gastrointestinal*

Nausea, cholestatic jaundice, changes in appetite, vomiting, abdominal cramps, bloating, increased incidence of gallbladder disease, pancreatitis.

5. *Skin*

Chloasma or melasma that may persist when drug is discontinued, erythema multiforme, erythema nodosum, hemorrhagic eruption, loss of scalp hair, hirsutism, itching, urticaria, pruritus, generalized rash, rash (allergic) with and without pruritus, acne.

6. *Eyes*

Neuro-ocular lesions, e.g., retinal vascular thrombosis and optic neuritis, steepening of corneal curvature, intolerance of contact lenses.

7. CNS

Headache, dizziness, mental depression, mood disturbances, anxiety, irritability, nervousness, migraine, chorea, insomnia, somnolence, exacerbation of epilepsy.

8. Miscellaneous

Increase or decrease in weight, edema, changes in libido, fatigue, backache, reduced carbohydrate tolerance, aggravation of porphyria, pyrexia, anaphylactoid/anaphylactic reactions including urticaria and angioedema, hypocalcemia, exacerbation of asthma, increased triglycerides.

OVERDOSAGE

Serious ill effects have not been reported following acute ingestion of large doses of estrogen/progestin-containing oral contraceptives by young children. Overdosage may cause nausea and vomiting, and withdrawal bleeding may occur in females.

DOSAGE AND ADMINISTRATION

Use of estrogen, alone or in combination with a progestin, should be limited to the shortest duration consistent with treatment goals and risks for the individual woman. Patients should be reevaluated periodically as clinically appropriate (e.g., 3 to 6 month intervals) to determine if treatment is still necessary (See **BOXED WARNINGS** and **WARNINGS**). For women who have a uterus, adequate diagnostic measures, such as endometrial sampling, when indicated, should be undertaken to rule out malignancy in cases of undiagnosed persistent or recurring abnormal vaginal bleeding.

PREFEST regimen consists of the daily administration of a single tablet containing 1 mg estradiol (pink color) for three days followed by a single tablet of 1 mg estradiol combined with 0.09 mg norgestimate (white color) for three days. This regimen is repeated continuously without interruption.

1. For treatment of moderate to severe vasomotor symptoms and vulvar and vaginal atrophy associated with menopause, the patient should start with the first tablet in the first row, and place the weekday schedule sticker which starts with the weekday of first tablet intake in the appropriate space. After all tablets from the blister card have been used, the first tablet from a new blister card should be taken on the following day.

This dose may not be the lowest effective dose for treatment of vulvar and vaginal atrophy.

Patients should be re-evaluated at three-month to six-month intervals to determine if treatment for symptoms is still necessary.

2. For prevention of postmenopausal osteoporosis, the patient should start with the first tablet in the first row, and place the weekday schedule sticker which starts with the weekday of first tablet intake in the appropriate space. After all tablets from the blister card have been used, the first tablet from a new blister card should be taken on the following day.

This dose may not be the lowest effective dose for the prevention of postmenopausal osteoporosis.

Missed Tablets

If a tablet is missed for one or more days, therapy should be resumed with the next available tablet. The patient should continue to take only one tablet each day in sequence.

HOW SUPPLIED

PREFEST is available as two separate, round-shaped tablets for oral administration supplied in a blister card with the following configuration: 3 pink tablets, followed by 3 white tablets for a total of 30 tablets per blister card.

Each blister card contains 15 tablets of each of the following components:

1 mg estradiol: pink tablets embossed with "1" and "J-C" on one side and "E2" and "O-M" on the other side.

1 mg estradiol/0.09 mg norgestimate: white tablets embossed with "1/90" and "J-C" on one side and "E2/N" and "O-M" on the other side.

NDC: 61570-125-30 PREFEST, 30 Tablets/Blister

This product is stable for 24 months. Store at 25°C (77°F); excursions permitted to 15°-30°C (59°-86°F).

PATIENT INFORMATION

February 7, 2003

Read this PATIENT INFORMATION before you start taking PREFEST and read what you get each time you refill PREFEST. There may be new information. This information does not take the place of talking to your health care provider about your medical condition or your treatment.

What is the most important information I should know about PREFEST (a combination of estrogen and progestin hormones)?

- Do not use estrogens and progestins to prevent heart disease, heart attacks, or strokes.

Using estrogens and progestins may increase your chances of getting heart attack, strokes, breast cancer, and blood clots. You and your health care provider should talk regularly about whether you still need treatment with PREFEST.

What Is PREFEST?

PREFEST is a medicine that contains two kinds of hormones, estrogen and progestin.

What Is PREFEST used for?

PREFEST is used after menopause to

- **reduce moderate or severe hot flashes.**

Estrogens are hormones made by a woman's ovaries. The ovaries normally stop making estrogens when a woman is between 45 to 55 years old. This drop in estrogen levels causes the "change of life" or menopause (the end of monthly menstrual periods). Sometimes, both ovaries are removed during an operation before natural menopause takes place. The sudden drop in estrogen levels causes "surgical menopause."

When the estrogen levels begin dropping, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden strong feelings of heat and sweating ("hot flashes" or "hot flushes"). In some women the symptoms are mild, and they will not need estrogens. In other women, symptoms can be more severe. You and your health care provider should talk regularly about whether you still need treatment with PREFEST.

- **treat moderate to severe dryness, itching, and burning in or around the vagina.**

You and your health care provider should talk regularly about whether you still need treatment with PREFEST to control these problems.

help reduce your chances of getting osteoporosis (thin, weak bones).

Osteoporosis from menopause is a thinning of the bones that makes them weaker and easier to break. If you use PREFEST only to prevent osteoporosis from menopause, talk with your health care provider about whether a different treatment or medicine without estrogens might be better for you. You and your health care provider should talk regularly about whether you should continue with PREFEST.

Weight-bearing exercise, like walking or running, and taking calcium and vitamin D supplements may also lower your chances of getting postmenopausal osteoporosis. It is important to talk about exercise and supplements with your health care provider before starting them.

Who Should Not Take PREFEST?

Do not take PREFEST if you have had your uterus removed (hysterectomy).

PREFEST contains a progestin to decrease the chances of getting cancer of the uterus. If you do not have a uterus, you do not need a progestin and you should not take PREFEST.

Do not start taking PREFEST if you:

- **have unusual vaginal bleeding.**
- **currently have or have had certain cancers.** Estrogens may increase the chances of getting certain types of cancers, including cancer of the breast or uterus. If you have or had cancer, talk with your health care provider about whether you should take PREFEST.
- **had a stroke or heart attack in the past year.**
- **currently have or have had blood clots.**
- **are allergic to PREFEST or any of its ingredients.** See the end of this leaflet for a list of ingredients in PREFEST.
- **think you may be pregnant.**

Tell your health care provider:

- **if you are breastfeeding.** The hormones in PREFEST can pass into your milk.
- **about all of your medical problems.** Your health care provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), migraine, endometriosis, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **about all the medicines you take,** including prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREFEST works. PREFEST may also affect how your other medicines work.
- **if you are going to have surgery or will be on bed rest.** You may need to stop taking estrogens and progestins.

How Should I Take PREFEST?

- PREFEST therapy consists of taking one single pink tablet (estrogen only) each day for three days followed by one single white tablet (combination of estrogen and progestin) each day for three days. The three days of pink tablets followed by the three days of the white tablets are repeated continuously during treatment.
- If you miss a dose, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your normal schedule. Do not take 2 doses at the same time.

Estrogens should be used only as long as needed. You and your health care provider should talk regularly (for example, every 3 to 6 months) about whether you still need treatment with PREFEST.

What are the possible side effects of estrogens?**Less common but serious side effects include:**

- Breast cancer
- Cancer of the uterus
- Stroke
- Heart attack
- Blood clots
- Gallbladder disease
- Ovarian cancer

These are some of the warning signs of serious side effects:

- Breast lumps
- Unusual vaginal bleeding
- Dizziness and faintness
- Changes in speech
- Severe headaches
- Chest pain
- Shortness of breath
- Pains in your legs
- Changes in vision
- Vomiting

Call your health care provider right away if you get any of these warning signs, or any other unusual symptom that concerns you.

Common side effects include:

- Headache
- Breast pain
- Irregular vaginal bleeding or spotting
- Stomach/abdominal cramps, bloating
- Nausea and vomiting
- Hair loss

Other side effects include:

- High blood pressure
- Liver problems
- High blood sugar
- Fluid retention
- Enlargement of benign tumors of the uterus ("fibroids")
- Vaginal yeast infection

These are not all the possible side effects of PREFEST. For more information, ask your health care provider or pharmacist.

What can I do to lower my chances of a serious side effect with PREFEST?

- Talk with your health care provider regularly about whether you should continue taking PREFEST.
- See your health care provider right away if you get vaginal bleeding while taking PREFEST.
- Have a breast exam and mammogram (breast X-ray) every year unless your health care provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram you may need to have breast exams more often.
- If you have high blood pressure, high cholesterol (fat in blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your health care provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREFEST

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not take PREFEST for conditions for which it was not prescribed. Do not give PREFEST to other people, even if they have the same symptoms you have. It may harm them. **Keep PREFEST out of reach of children.**

This leaflet provides a summary of the most important information about PREFEST. If you would like more information, talk with your health care provider or pharmacist. You can ask for information about PREFEST that is written for health professionals. You can get more information by calling the toll free number 1-800-776-3637, select option 5.

What are the ingredients in PREFEST?

PREFEST contains two separate tablets. One tablet (pink color) contains 1.0 mg estradiol, croscarmellose sodium, microcrystalline cellulose, magnesium stearate, ferric oxide red, and lactose monohydrate. The other tablet (white color) contains 1.0 mg estradiol, 0.09 mg norgestimate, croscarmellose sodium, microcrystalline cellulose, magnesium stearate, and lactose monohydrate.



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