

Goserelin (Zoladex®) gynaecology injections

This leaflet aims to answer your questions about taking goserelin (Zoladex®) to treat symptoms for a condition affecting your uterus (womb).

If you have any questions or concerns, please speak to a doctor or nurse caring for you.

What is goserelin and who is it for?

In gynaecology goserelin is a hormone-based treatment aimed at relieving the symptoms that some women may experience if they have conditions affecting the uterus (womb).

Goserelin can be used as a treatment before surgery for fibroids or endometrial resection. In some women the medicine can be used to find out if there is a hormonal reason for their problem, such as premenstrual syndrome (PMS). It may also be used for patients with endometriosis. The medicine can be used for women up to the menopause.

Goserelin is an implant injection, which will be injected under the skin into your stomach every four weeks by your GP or qualified healthcare professional. In women the medicine works by reducing the amount of oestrogen (a hormone) that is produced by your body. This switches off the menstrual cycle and puts the body into a temporary menopause, so your periods will temporarily stop while you are taking the goserelin.

How do I take the medicine?

Depending on your circumstances, you may be given the medication via an implant by your GP or at a clinic. Usually you would receive a dose of 3.6mg every 28 days for a period of three months. However, you may be prescribed a higher dose depending on the condition you are using goserelin for.

How long does goserelin take to work?

Individual reactions to goserelin may differ. It may take up to two months before you start feeling the benefits. However, usually you should start to feel it working within three weeks.

You may start to experience hot flushes, in which case your doctor may prescribe hormone replacement therapy (HRT) to control menopausal symptoms.

Are there any side effects?

At the site where goserelin is injected you may experience pain, bruising, bleeding or redness or swelling. These symptoms vary for everyone; some women may experience most or none of these symptoms.

The most common side effects are menopausal symptoms such as hot flushes and sweating, reduced sex drive, vaginal dryness, night sweats, headaches, aching joints, and changes in your mood. Hormone replacement therapy (HRT) can be prescribed to make these symptoms better.

You may experience short-term menstrual bleeding within the first month of taking goserelin. If the bleeding is heavier than your normal period, contact your GP.

Other effects may include skin rashes, hair loss and weight gain. If you experience any side effects, please discuss them at your next appointment to have the injection. If your side effects are extreme, contact your GP or clinic as soon as possible for advice and support.

What should I do if I missed my appointment?

If you miss your appointment to have your goserelin injection, please contact the GP or clinic as soon as possible for advice. Missing an appointment may affect your future doses of goserelin and the date of your surgery.

Is there anything else I need to know?

Before starting the medicine you will need to take a urine test to rule out pregnancy. There is a still a small chance of pregnancy despite being on goserelin so you should practise safe sex and use condoms.

Generally your periods will resume within a month of completing treatment, so you will become fertile again.

You can drink alcohol while taking goserelin. However, do not take any recreational drugs or novel psychoactive substances (also known as "legal highs").

Useful sources of information

Medicines org emc

An official website with patient information leaflets on a range of different medicines.

w: www.medicines.org.uk/emc

Drugs online

A website that people use to communicate symptoms they experience with goserelin and other medications. Find other useful links from there.

w: www.drugs.com

Contact us

If you have any questions or concerns about goserelin, please contact the gynaecology nurse on 020 7188 8032 (Monday to Friday, 9am to 5pm). The telephone will always be answered on Wednesdays between 2pm and 4pm; you will be able to leave a message on the answerphone at other times. You can also email: **gynaecologyresults@gstt.nhs.uk**.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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