

DHEA (dehydroepiandrosterone)

prasterone

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about DHEA. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

Keep this information with the pack.
You may wish to read it again.

General advice

1. This medicine has been prescribed only for your current medical problem. It should not be used for other medical conditions.
2. Never give your medicine to anyone else and do not use medicines meant for other people.
3. Tell every doctor treating you what medicines you are taking. Always carry a medical information card stating which medicines you are using. This can be very important if for example you are involved in an accident.
4. Return unused medicines to your pharmacy for disposal.
5. Make sure that other people who live with you or who look after you read this information.

A doctor's prescription is required to obtain this medicine.

What DHEA is used for

This medication contains DHEA that has been compounded. DHEA is a natural steroid hormone produced in the body by the adrenal glands. DHEA supplements can be made from wild yam or soy. DHEA functions as a precursor for a number of hormones that regulate fat and mineral metabolism, sexual and reproductive function, and energy levels.

DHEA supplements may be prescribed for a wide range of conditions, including; hormone replacement therapy (HRT) in menopause, an aid to slow the natural changes that occur with age, to build muscle and bone strength, improve sex drive and fertility, strengthen the immune system, improve energy levels and stamina, or to improve mood, memory, and sleep.

Your doctor may have prescribed this medication for another reason. If you are not sure, please ask your doctor why this medication has been prescribed for you.

Use with Other Medicines

DHEA can interfere with some medicines. Please advise your doctor if you are taking any other medications, including those available without a prescription.

Use in Pregnancy / Breastfeeding

DHEA is contraindicated during pregnancy or breastfeeding.

Use with Other Medical Conditions

Some medical conditions prohibit the use of DHEA supplements. Please advise your doctor of your complete medical history before taking this medication.

How to use it

Please follow the instructions on the dispensing label for your individually prescribed dose of this medication and how frequently it should be taken.

DHEA is best taken in the morning to mimic the body's natural production. DHEA may be taken with or without food.

Side Effects

Tell your doctor or pharmacist if you experience any troublesome side effects whilst taking this medication.

Like all medications, DHEA may cause some side effects. Side effects not listed in this information guide may occur in some patients.

Possible side effects of DHEA supplements include:

- Oily skin, skin thickening and acne
- Hair loss
- Stomach upset, weight gain
- High blood pressure, rapid or irregular heartbeat, changes in cholesterol levels
- Changes in menstrual cycle, facial hair, and voice deepening in women
- Fatigue, headache, insomnia, mood changes
- Nasal congestion

Tell your doctor if any side-effects become troublesome or continue.

It is also important to tell your doctor or pharmacist if you experience any other unusual or unexpected symptoms during treatment with DHEA.

Seek advice before using other medications to deal with any side effects you may have.

Overdose

If someone has taken too much DHEA there is no need for great concern. However, you should consult a doctor. Symptoms that may arise are nausea and vomiting.

After Using it

Storage

Keep your DHEA in the original container in a safe place out of the reach of children.

Store below 25°C

The expiry date (sometimes written as "exp") is written on the label- do not use after this date.

Disposal

Return any unused medicine to your pharmacist.