

Ryeqo Prescribing Clinical Pathway

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What is Ryeqo?

Ryeqo is an oral GnRH antagonist combined with hormone replacement therapy (HRT) containing relugolix 40mg, estradiol 1mg and norethisterone acetate 0.5mg.

Indication to Initiate Ryeqo

Moderate- severe symptoms of uterine fibroids

Fibroids identified on scan (USS/ MRI/ CT) or at hysteroscopy.

Patient wishing to preserve the uterus.

Patient declining or unsuitable for operative intervention.

Clinical Assessment

Full history and examination.

Blood pressure measurement.

Identify risk of osteoporosis:

BMI <20.

- Cigarette smoking.
- Excessive alcohol intake.
- Poor nutrition.

Past medical history

- Low trauma fracture,
- Hyperthyroidism.

Drug History

- Long term glucocorticoid e.g. prednisolone use (>3 months),
- Steroid hormones (MPA, LHRH agonist)
- Thyroid hormone treatment e.g. levothyroxine,
- Diabetes treatment e.g. Pioglitazone,
- Proton pump inhibitors e.g. omeprazole,
- Anti-epileptics e.g. Phenytoin
- Anti-psychotics e.g. quetiapine, olanzapine, risperidone, flupentixol;
- Anti-depressants e.g. SSRI.
- Anticoagulants e.g. warfarin, heparin.
- Family history of osteoporosis.

Assess risk of using oral HRT

- BMI >30
- Past medical history
- Breast cancer
- Previous VTE/ CVA/thrombophilia.

Ryeqo Prescribing

- If there is an increased risk of osteoporosis –discuss this risk with the patient, ensure alternative options have been considered and if the patient still wishes to proceed with Ryeqo, request a DXA scan prior to initiation of Ryeqo.
- If no identified risk of osteoporosis is found, then initiate Ryeqo and request DXA scan after 9 months of use while issuing the TTOs (for DXA scan to be performed at 12 months.)

Prior to Commencing Treatment

- Exclude pregnancy
- Stop hormonal contraception prior to commencing Ryeqo and advise the patient to use a non-hormonal method of contraception. No contraception is required after 1 month of Ryeqo treatment.
- Commence treatment within the first five days of menstrual bleeding to avoid heavy or irregular bleeding.
- Complete a TTH for hospital pharmacy as currently not available through primary care.