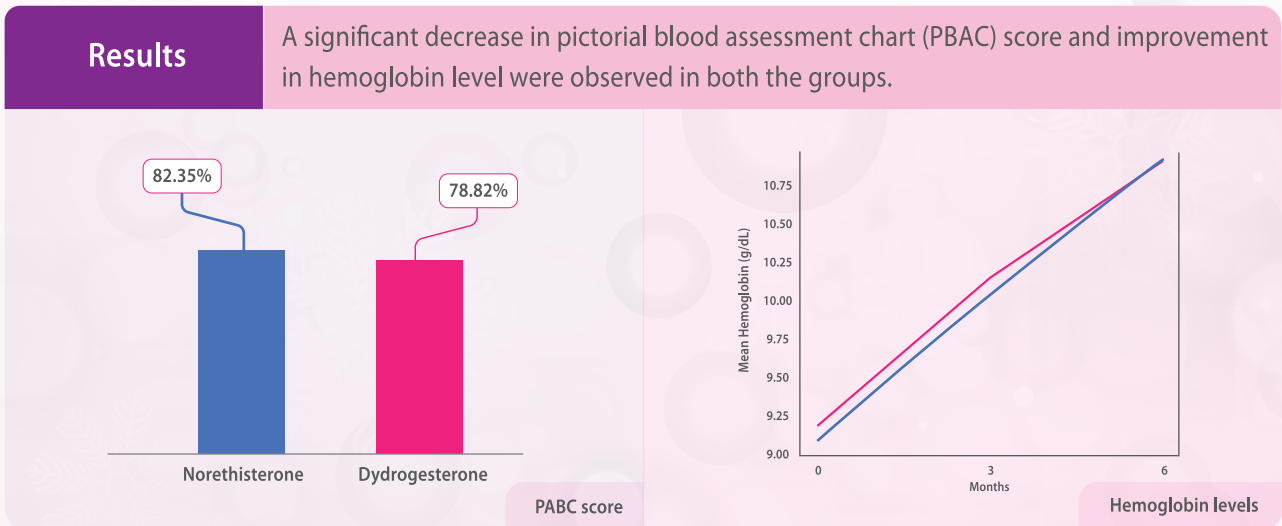


# A comparative study of norethisterone and dydrogesterone in the treatment of heavy menstrual bleeding

This study aimed to evaluate the effectiveness of dydrogesterone compared to norethisterone in controlling heavy menstrual bleeding (HMB).

Study type	Prospective Randomized Controlled Trial	
Patients	Allocation and Intervention	Duration
<p>170 women of 20–45 years</p>	<p>Group A   N=85 Norethisterone 10 mg BD</p> <p>Group B   N=85 Dydrogesterone 10 mg BD</p>	<p>Initial phase - Continue until bleeding stops+ 1 week</p> <p>Maintenance phase - 10 mg OD from 7 days from 21st day of cycle for 2 cycles</p> <p>Follow-up- Next 3 cycles (Up to 6 months)</p>



**Dydrogesterone is as effective as norethisterone in controlling heavy menstrual bleeding and improving the haemoglobin levels. Dydrogesterone can be considered as a safer and efficacious alternative to norethisterone given its highly selective nature and the absence of androgenic side effects.**

Ref.: Nilofer, and N. M. "A Comparative Study of Norethisterone and Dydrogesterone in the Treatment of Heavy Menstrual Bleeding". International Journal of Reproduction, Contraception, Obstetrics and Gynecology, vol. 14, no. 8, July 2025, pp. 2538-43, doi:10.18203/2320-1770.ijrcog20252321.

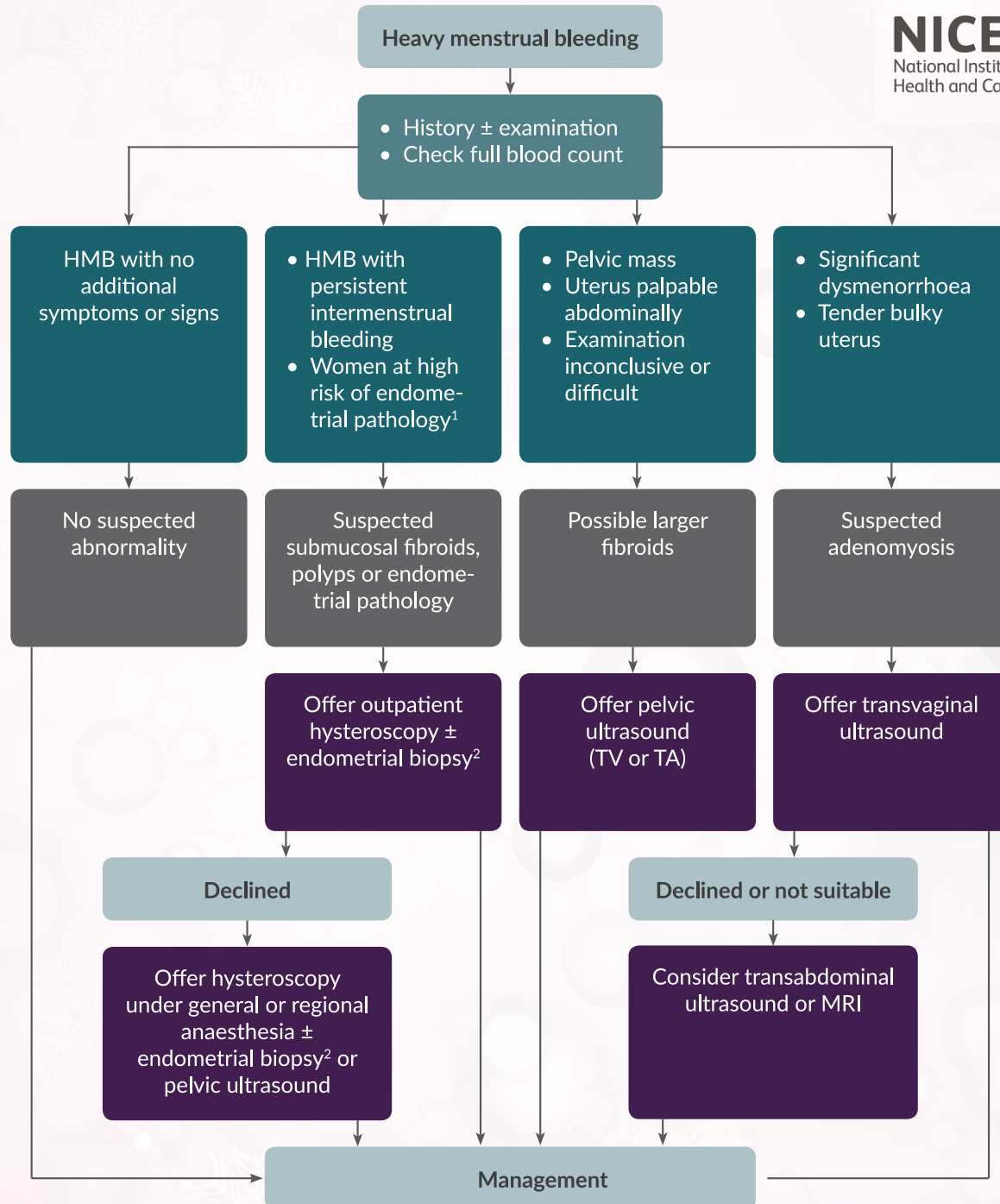
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# Heavy menstrual bleeding: diagnosis



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HMB: heavy menstrual bleeding; MRI: magnetic resonance imaging, TA: transabdominal; TV: transvaginal

1 For example, women with persistent intermenstrual or persistent irregular bleeding and women with infrequent bleeding who are obese or have polycystic ovary syndrome, women taking tamoxifen, women for whom treatment for HMB has been unsuccessful.

2 If high risk for endometrial pathology (see footnote 1)



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