

Any medication questions? Pharmacy counseling available at 866-206-7936

Estriol Sublingual (SL) Tablets

Patient Information Sheet

Uses

Estriol is a naturally occurring, milder form of estrogen produced by the body. Sublingual (SL) tablets dissolve directly under the tongue, allowing the medication to enter the bloodstream efficiently.

Common indications include:

- **Hormone Replacement Therapy (HRT):** Replenishing lower estrogen levels during perimenopause or postmenopause to help relieve symptoms such as hot flashes, night sweats, mood shifts, and vaginal dryness.
- **Tissue & Mucosal Support:** Supporting vaginal and urinary tract health by restoring tissue elasticity and moisture.
- **Hormonal Balance:** Providing low-potency estrogenic support as part of a customized bioidentical hormone regimen managed by your clinician

How to Use

- **Administration:** Place the tablet directly under your tongue and allow it to dissolve completely.
- **Do Not Chew or Swallow:** Avoid swallowing the tablet whole or chewing it. Sublingual absorption bypasses liver metabolism, ensuring optimal absorption.
- **Timing:** Take this medication at the same time each day as prescribed by your healthcare provider.
- **Eating & Drinking:** Avoid eating, drinking, or speaking while the tablet is actively dissolving under your tongue.

Side Effects

You may experience mild side effects while taking sublingual estriol as your body adjusts:

- Breast tenderness, fullness, or sensitivity
- Mild headaches or lightheadedness
- Nausea, mild abdominal bloating, or fluid retention
- Vaginal discharge or spotting/breakthrough bleeding
- Mood changes

Precautions

- **Severe Symptoms:** Seek emergency medical evaluation immediately if you experience sudden chest pain, shortness of breath, severe headache, sudden vision changes, severe leg pain/swelling, or sudden weakness/numbness on one side of your body.

- **Medical History:** Inform your doctor if you have a history of blood clots, stroke, heart disease, liver disease, estrogen-sensitive cancers (such as breast or uterine cancer), or undiagnosed abnormal vaginal bleeding.
- **Regular Monitoring:** Women using estrogen therapy should maintain routine health exams (such as mammograms and pelvic exams) as recommended by their healthcare provider.
- **Pregnancy & Breastfeeding:** Estriol is not indicated for use during pregnancy or while nursing.

Drug Interactions

Inform your physician and pharmacist of all prescription drugs, OTC products, and supplements you take. Key interactions include:

- **CYP3A4 Inducers (e.g., St. John's Wort, Rifampin, Carbamazepine, Phenobarbital):** May lower estriol levels in the blood, reducing its effectiveness.
- **CYP3A4 Inhibitors (e.g., Ketoconazole, Erythromycin, Grapefruit juice):** May increase estriol levels in the body, which can raise the risk of side effects.
- **Thyroid Hormones:** Estrogen therapy can alter thyroid hormone levels; your provider may need to adjust your thyroid medication dosage.

Missed Dose

- Take the missed dose as soon as you remember.
- If it is almost time for your next scheduled dose, skip the missed dose and resume your regular schedule.
- **Do not take two doses at once to make up for a missed dose.**

Overdose

Symptoms of an overdose may include severe nausea, vomiting, dizziness, and uterine bleeding or spotting. If an overdose is suspected, contact Poison Control at 1-800-222-1222 or seek immediate medical assistance.

Storage

- Store at room temperature away from excessive heat, direct light, and moisture (do not keep in a humid bathroom).
- Keep tablets tightly sealed in their original container.
- Keep out of reach of children and pets.