



## Medicine: relugolix/estradiol/norethisterone acetate (brand name: Ryego®)

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The Scottish Medicines Consortium (SMC) has assessed relugolix/estradiol/norethisterone acetate (relugolix combination therapy [CT]) for the treatment of moderate to severe symptoms from uterine fibroids (non-cancerous growths in and around the womb) in adult women of reproductive age. This document summarises the SMC decision and what it means for patients.

### What has SMC said?

After careful consideration, SMC has accepted relugolix CT for treating adults with uterine fibroids as described above, for restricted use. The restriction means that relugolix CT may be used in women where conventional treatments such as tranexamic acid, hormonal contraceptives and levonorgestrel-releasing intrauterine systems (a small device placed in the womb that releases a synthetic form of the female hormone progesterone called levonorgestrel) have not worked well enough or where the woman cannot use them.

### What does SMC's decision mean for patients?

If your healthcare professional thinks that relugolix CT for use as described above is the right medicine for you, you should be able to have the treatment on the NHS in Scotland.



### What is relugolix CT used for?

Relugolix CT is used to treat moderate to severe symptoms caused by uterine fibroids in women of reproductive age. Uterine fibroids are non-cancerous growths that develop in or around the womb. They can cause symptoms such as heavy and painful periods, and abdominal and back pain. SMC has accepted relugolix CT for treating patients where conventional treatments (as described above), have not worked well enough or where the patient cannot take them.

### How does relugolix CT work?

Relugolix CT is a combination therapy made up of relugolix, estradiol and norethisterone acetate. Relugolix acts on the pituitary gland to reduce the release of luteinising hormone (LH) and follicle stimulating hormone (FSH; hormones that regulate the functions of the ovaries). This prevents the production of progesterone and decreases the production of oestrogen, which are both involved in fibroid growth. Estradiol in the combination therapy, helps to reduce symptoms that come from lowered levels of oestrogen, such as hot flushes and bone density loss. However, estradiol can cause

increased growth of the endometrium (lining of the womb), so norethisterone acetate, a type of progesterone, is included in the combination therapy to help prevent this.

## How does SMC make its decision?

SMC carefully considers every new medicine to make sure it benefits patients and is considered to be an acceptable use of the limited resources in NHSScotland.

To do this SMC considers the following:

- Evidence from the company about how well the medicine works compared with current treatments available in Scotland, in relation to how much they will cost to buy and administer.
- The potential impact of the medicine on patients and carers.
- Advice from healthcare professionals about any benefits of the new medicine compared to current treatment, along with how the new medicine is likely to be used.

When SMC assesses a medicine it takes account of the needs of all patients in NHSScotland, not only those who may be treated with the medicine under consideration.

You can find more detailed information about the SMC assessment of relugolix CT by looking at the SMC Detailed Advice Document (SMC2442).

## More information

Further information, advice and support for patients with uterine fibroids and their families and carers can be found through the NHS inform website:

 <https://www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive/fibroids>

You can find out more about relugolix CT (Ryeqo®) in the Patient Leaflet by searching for the medicine name on the electronic medicines compendium (EMC) website.

 <https://www.medicines.org.uk/emc/>