Package leaflet: Information for the user

Menstralite® 500 mg Tablets

tranexamic acid

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to doctor if you do not feel better or if you feel worse after 4 days.

What is in this leaflet

1. What Menstralite is and what it is used for
2. What you need to know before you take Menstralite
3. How to take Menstralite
4. Possible side effects
5. How to store Menstralite
6. Contents of the pack and other information

1. What Menstralite is and what they are used for

This medicine contains the active substance tranexamic acid, which belongs to a group of medicines known as anti-fibrinolytics which are used to control bleeding.

When you bleed your body forms clots or plugs as part of healing. In some people these plugs do not stay in place long enough causing too much bleeding. Menstralite helps these plugs to stay in place and so reduces the amount of blood lost during your period.

This medicine **is used only when your periods are regular to control heavy menstrual bleeding** (see section 2 if you are unsure whether or not you have regular periods).

Heavy menstrual bleeding can cause anaemia (reduction in red blood cells). People with anaemia may look pale and feel tired, weak, dizzy or faint.

If you think you have anaemia, you should see your doctor.

2. What you need to know before you take Menstralite

How do I know if my periods are heavy?

Your periods are heavy if:
- you bleed through to your clothes or onto bedding at night called 'flooding'
- you need to change your sanitary protection every 2 hours or more often
- you need to use double sanitary protection (tampon plus towels)
- you pass large blood clots
- your periods prevent you from doing normal activities, such as going out, working or shopping.

Do not take Menstralite if your periods are not heavy.

How do I know if my periods are regular?

Your periods are regular if both of the following apply to you:
• your menstrual cycle (i.e. the number of days between the 1st day of one period and the 1st day of the next) is between 21 and 35 days long
• your menstrual cycle is about the same number of days long each time (i.e. does not change by more than 3 days each time).

Do not take Menstralite if your periods are not regular.

Do not take Menstralite if:
• you are allergic to tranexamic acid or any of the other ingredients of this medicine (listed in section 6).
• you are pregnant
• you are under 18 years of age
• you have kidney problems
• you have or have ever had a blood clot, for example in your leg or lungs. See immediately below for the warning signs of a blood clot in your blood vessels (called a 'thrombosis')
• anyone in your family has suffered from blood clots in their blood vessels
• you have blood in your urine between your periods.
• your periods are irregular
• you are taking medicines to prevent or treat blood clots (e.g. warfarin)
• you are taking oral contraceptives ('the pill')
• you have disseminated intravascular coagulation (DIC), a disease where your blood starts to clot throughout your body
• you have fits or seizures

If any of the above applies to you, do not take Menstralite.

Warning signs of a blood clot to look out for:
• pains or feelings of heaviness in your chest
• unusual pains or swellings of your arms or one of your legs
• sudden shortness of breath
• fainting
• coughing up blood.

If you experience any of these symptoms stop taking the medicine and seek urgent medical advice.

Talk to your pharmacist or doctor before taking Menstralite if:
• you are over 45 years old
• you are diabetic
• you are very overweight (obese)
• you have polycystic ovary syndrome (PCOS)
• your mother, grandmother, aunt or sister has or has had endometrial cancer
• you have recently noticed a change in your normal bleeding pattern
• you have abnormal bleeding between your periods
• you bleed after sexual intercourse
• you have pain during sexual intercourse
• you have pain before the start of your period (also known as premenstrual pain)
• you have pelvic pain (pain in the lower abdomen)
• you thought you had gone through the menopause, but now you have started bleeding again.

Your pharmacist or doctor may recommend a different medicine which is better for treating your symptoms.

Warning signs of endometrial cancer

Occasionally heavy periods may be due to an abnormality of the lining of the womb. One of the most serious conditions is endometrial cancer.
There are almost always other warning signs of endometrial cancer such as:
• irregular periods
• prolonged periods
• abnormal bleeding between periods.

If any of the above applies to you, talk to your pharmacist or doctor.

Important: Regular and heavy periods alone are unlikely to be caused by endometrial cancer.

Other medicines and Menstralite
Tell your doctor or pharmacist if you are taking, have recently taken, or might take any other medicines.

Menstralite should not be used if taking these other medicines.
• You are taking medicines to prevent blood clots (e.g. warfarin).
• You are taking oral contraceptives (the pill).

Talk to your pharmacist if you are taking the following medicines:
• Fibrinolytic drugs, (used to dissolve blood clots) such as streptokinase
• Tamoxifen (a drug used to treat breast cancer).
• Oestrogen (present in some oral contraceptives or hormone replacement therapies (HRT)).

Pregnancy, breast-feeding and fertility
Do not take Menstralite if you are pregnant or breast-feeding, think you may be pregnant, or are planning to have a baby. Ask your doctor for advice before taking this medicine.

Driving and using machines
Tranexamic acid has no or little effect on the ability to drive and use machines. Visual disturbances may occur after taking tranexamic acid.

Information on sodium content
This medicine contains less than 1mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take Menstralite

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

• Menstralite should only be taken on the days when your period is heavy with a glass of water.
• The tablets should be swallowed whole. Do not crush or chew them.
• Do not take before your period has started as it will not work properly.
• Do not take for more than 4 days during each of your periods.

Adults

The recommended dose is two tablets taken 3 times a day (e.g. in the morning, afternoon, and evening) for up to 4 days.
If your bleeding is not reduced, you can take an extra 2 tablets at night.

Heavy bleeding usually only lasts for first two days of your period. When the bleeding becomes less, you should reduce the number of tablets you take, for example, to 2 tablets twice a day.

Do not take more than 8 tablets per day.

Elderly
This medicine is not for use in the elderly.

Use in children and adolescents
Do not give this medicine to children and adolescents under 18 years of age.

Using Menstralite every month
Menstralite may be used every month as long as it continues to reduce your bleeding **and** there are no changes in your bleeding pattern.

If Menstralite is not working
Talk to your pharmacist or doctor if:
• your bleeding has not been reduced by Menstralite after using it for 3 periods in a row
• Menstralite seems to have stopped working.

If you take more Menstralite than you should
If you accidentally take too much of your medicine, immediately tell your doctor or go to the nearest hospital casualty department. Take your medicine and this leaflet with you.

If you forget to take Menstralite
Do not take a double dose to make up for a missed dose. Simply take the next dose as planned.

If you have any further questions about the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines this medicine can cause side effects, although not everybody gets them.

Stop taking this medicine and seek immediate medical advice if you experience any of the following
- pain or feelings of heaviness in your chest
- unusual pain or swelling in your arms or legs
- sudden shortness of breath
- fainting
- coughing up blood.

You may have developed a blood clot in your leg or lungs.

Stop taking this medicine and tell your doctor immediately if you experience any of the following:
Very rare *(may affect up to 1 in 10,000 people)*:
• allergic reactions including swelling of the face, lips, tongue or throat which may cause difficulty in swallowing or breathing.

Frequency not known *(cannot be estimated from the available data):*
• problems with your eyesight, especially your colour vision
• a blood clot in the eye – this may cause bleeding in the eye, or a loss of vision.

Other side effects
Common *(may affect up to 1 in 10 people):*

• feeling sick
• being sick
• diarrhoea.

Uncommon *(may affect up to 1 in 100 people):*
• itchy, red or swollen skin (allergic skin reactions).

Frequency not known *(cannot be estimated from the available data):*
• seizures or fits.
• sudden onset kidney problems due to death of the tissue in the outer part of the kidney (acute renal cortical necrosis).
• an allergic reaction that usually recurs at the same site(s) on re-exposure to the medication and may include round or oval patches of redness and swelling of the skin, blistering, and itching (fixed drug eruption). Darkening of the skin in affected areas, which might persist after healing, may also occur.

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store Menstralite

Keep all medicines out of the sight and reach of children.

Do not store above 25°C. Keep in the original package.
Do not use this medicine after the expiry date that is stated on the carton and blister after EXP. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Menstralite contain
The active substance is tranexamic acid. Each tablet contains 500 mg of tranexamic acid.
The other ingredients are: microcrystalline cellulose, povidone K90, croscarmellose sodium, colloidal anhydrous silica, talc, magnesium stearate, methacrylate polymers, titanium dioxide (E171), macrogol 8000 and vanillin.

What Menstralite look like and the contents of the pack
The tablets are film-coated, white to off-white, oblong and biconvex with a breakline and marked “TA” on one side of the breakline.

They are available in blister packs of 18 tablets.

Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder
Sovereign Medical, Sovereign House, Miles Gray Road, Basildon, Essex, SS14 3FR, United Kingdom.

Manufacturer
Waymade Plc, Sovereign House, Miles Gray Road, Basildon, Essex, SS14 3FR, United Kingdom

This leaflet was last revised in November 2026

PL 06464/3154 Menstralite® 500 mg Tablets

To request a copy of this leaflet in Braille, large print or audio format, contact the license holder at the above address or telephone: 01268 535200 (select option Medical Information) / e-mail: medinfo@waymade.co.uk