

PATIENT INFORMATION

Dostinex (Cabergaline)

Adjuvant therapy

What is adjuvant therapy?

Adjuvant therapy, also known as 'add-ons', adjunct, complementary or alternative therapies, are recognised as an addition to standard assisted reproductive treatment and may be recommended to you with the intention to increase your success during your fertility treatment. There are numerous options available to you when accessing adjuvant therapies, including but not limited to the technology in laboratories, medical procedures, prescribed medications, nutritional supplements, and traditional medicines such as Chinese medicine, including acupuncture.

At present, the effectiveness of many adjuvant therapies is unknown, with little to no evidence that they will increase the success of your treatment or improve live birth rates. However, your health care provider may recommend adjuvant therapy when considering your medical history and tailoring your treatment plan.

It is important to consider the effectiveness, risks and financial costs of adjuvant therapies.

What is dostinex and how it is normally used?

Dostinex is used to treat hyperprolactinemia (high levels of prolactin in your body). This happens when your pituitary makes extra prolactin. High prolactin levels may be caused by a hormone problem or by a tumour in your pituitary gland.

High prolactin levels can cause changes in a woman's ovulation, menstrual cycle, and breast milk production. Dostinex is a medicine used to treat female infertility caused due to the abnormally high level of prolactin. It is also used to stop breast milk production (lactation) in cases of miscarriage.

Why is dostinex recommended, and will it increase the success of my treatment?

Hyperprolactinemia often is treated with Dostinex which acts by reducing the amount of prolactin released by the pituitary gland. Blood prolactin levels return to normal in 90% of patients who take these medications. Of the women treated, approximately 85% will ovulate and can become pregnant if no other causes of infertility are present. Cabergoline treatments are usually discontinued during pregnancy.

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What are the common side effects?

Some common side effects may include:

- Nausea
- Vomiting
- Heartburn
- Constipation
- Tiredness
- Dizziness
- Breast pain
- Painful menstrual periods
- Burning, numbness, or tingling in the arms, hands, legs, or feet

Regarding any additional side effects or contraindications for Dostinex, please refer to the Consumer Medicine Information (CMI) sheet.

Some side effects can be serious. If you experience any of these symptoms, call your doctor immediately or get emergency medical help:

- Shortness of breath
- Difficulty breathing when lying down
- Cough
- Chest pain
- Swelling of the hands, feet, ankles, or lower legs
- Decrease in urination
- Pain in the back, side, or groin
- Lumps or pain in the stomach area
- Abnormal vision

Are there risks to using dostinex during pregnancy?

Dostinex must not be used during pregnancy. Pregnancy should be ruled out before starting Dostinex, protected intercourse or contraception is strongly advised during treatment. Women who are planning a pregnancy should discontinue this drug one month before intended conception or cease just before embryo transfer.

What are the costs?

Cost of Dostinex: The cost of Dostinex will vary depending on the brand and pharmacy. A box of 8 tablets (500mcg) could cost you around \$42.50.



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Is Dostinex included in the cost of my cycle: Dostinex is an additional expense and is not included in the cost of your cycle.

The information provided above is intended for educational purposes only and should not be used as a substitute or replacement for medical advice received from a medical professional. It is important to discuss your individual circumstances and situation with your treating doctor.