

# Delestrogen (estradiol valerate injection) basics

**Treats low estrogen and relieves menopause symptoms.** The Delestrogen (estradiol valerate injection) is a good once-a-month option for treating menopause symptoms and low estrogen, as long as you're okay with injections.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
<b>Delestrogen (estradiol valerate injection)</b> Drug effectiveness		[Blue bar spanning Days, Weeks, and Months]			
<b>Possible side effects†</b>					
<b>Menstrual changes</b>			[Red bar spanning Weeks, Months, and Long term]		
<b>Nausea</b>	[Red bar spanning Hours and Days]				
<b>Breast pain</b>			[Red bar spanning Weeks, Months, and Long term]		
<b>Libido changes</b>			[Red bar spanning Weeks, Months, and Long term]		
<b>Headache</b>	[Red bar spanning Hours and Days]				
<b>Weight changes</b>			[Red bar spanning Weeks, Months, and Long term]		

† Data on frequency of side effects is not available.

## Tips from pharmacists

- The Delestrogen (estradiol valerate injection) is an injection that you use once a month in one of your muscles.
- Use a new needle and syringe each time you give yourself an injection, and throw away the used syringes and needles in a protective (sharps) container. Don't throw them in the trash.
- Store the Delestrogen (estradiol valerate injection) at room temperature, away from heat and direct light, and don't let it get cold.
- If you're using the Delestrogen (estradiol valerate injection) only for vaginal symptoms, there are other medicines that can work better with fewer side effects.
- If you need to have any surgeries performed while you are using Delestrogen (estradiol valerate injection), ask your doctor if you need to stop using it.
- Make sure the syringe you are using is dry. Wet syringes can cause the medicine to look cloudy but it's still safe to use.

## Risks and warnings

The FDA has identified these as possible serious or life-threatening risks with this medication. Contact your doctor if you experience any of these.

### Endometrial cancer

Vaginal bleeding after menopause can be a warning sign of uterus (endometrial) cancer, so let your doctor know if you notice any unusual bleeding. Using medicines like Delestrogen (estradiol valerate injection) for more than a year can increase your risk. Talk to your doctor about other medicines you can take with Delestrogen (estradiol valerate injection) to protect yourself from cancer if you are worried.

### Breast cancer

Delestrogen (estradiol valerate injection) might make you more likely to have breast cancer. You're at greater risk if you or your family have had breast cancer before or if you've used Delestrogen (estradiol valerate injection) or similar medicines for a year. Talk to your doctor about ways to protect yourself.

### Increased risk of blood clots and stroke

Delestrogen (estradiol valerate injection) can raise your risk of blood clots, which can be very dangerous. You're more likely to have them if you smoke tobacco, are obese, or if you or your family have ever had blood clots. Get medical care right away if you have pain in your legs or arms, bad headaches, trouble breathing, or sudden changes in your speech or vision.