

## Mesterolone tablets (Pro-Viron)

**Clinical author's note Michael Stewart 21/11/2019:** Pro-Viron® tablets were discontinued in the UK in September 2018. At the time of review there are no branded or generic products containing mesterolone available in the UK. Mesterolone may still be available in other countries. This medicine leaflet is based on medical information available in the UK at the time of writing and is left here for reference purposes. Please also refer to the manufacturer's information supplied with your medicine.

Mesterolone tablets are prescribed for men.

They work by supplementing your body's natural male sex hormones.

Side-effects of treatment are similar to the masculinisation effect of natural male hormones.

### About mesterolone

Type of medicine	An androgen (a male sex hormone)
Used for	Androgen deficiency, and infertility due to low natural hormone levels
Also called	Pro-Viron®
Available as	Tablets

Mesterolone belongs to the group of medicines known as androgens, which are male sex hormones. It is used to treat disorders in men where the body does not make enough natural androgen. It works by supplementing the amount of male hormone your body produces naturally.

## Before taking mesterolone

Some medicines are not suitable for people with certain conditions, and sometimes a medicine may only be used if extra care is taken. For these reasons, before you start taking mesterolone it is important that your doctor knows:

- If you have liver or kidney problems.
- If you have heart problems or high blood pressure (hypertension).
- If you have epilepsy or migraine.
- If you have diabetes.
- If you have cancer.
- If you are taking or using any other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.
- If you have ever had an allergic reaction to a medicine.

## How to take mesterolone

- Before you start this treatment, read the manufacturer's printed information leaflet from inside your pack. The leaflet will give you more information about mesterolone tablets.
- Take the tablets exactly as your doctor has told you to. To begin with, it is usual to be prescribed 25 mg (one tablet), to be taken three or four times a day. If you need to continue taking the tablets for more than a few months, your doctor may reduce the number of tablets you need to take each day. Your doctor will tell you what dose is right for you and this will also be printed on the label of the pack to remind you.
- Swallow the tablet whole with a drink of water. You can take mesterolone before or after meals.

- Try to take your doses at the same times each day, as this will help you to remember to take them.
- If you forget to take a dose, you should take it when you remember. However, if when you remember, it is nearly time for your next dose then leave out the forgotten dose. Do not take two doses at the same time to make up for a missed dose.

## Getting the most from your treatment

- Try to keep your regular appointments with your doctor so your progress can be monitored. While you are on mesterolone your doctor will want you to have regular blood tests and examinations of your prostate and breasts. This is because the treatment may increase the rate of growth of some types of cancer and your doctor will want to rule these out. Your doctor will explain this to you before you start taking mesterolone, but if you have any concerns during your treatment, make an appointment to speak with your doctor again.
- It is unlikely that mesterolone tablets will interact with any medicines you may buy, but it is always wise to check this with a pharmacist first.
- The tablets are for you. Never give them to other people, even if their condition appears to be the same as yours. The tablets are not suitable for increasing muscle strength and bodybuilding in healthy men and should not be taken for this reason.

## Can mesterolone cause problems?

Along with their useful effects, all medicines can cause unwanted side-effects although not everyone experiences them. The table below lists some of the most common ones associated with mesterolone. You will find a full list in the manufacturer's information leaflet supplied with your medicine. The unwanted effects often improve over the first few days of taking a new medicine, but speak with your doctor or pharmacist if any of the following side-effects continue or become troublesome.

Possible mesterolone side-effects	What can I do if I experience this?
Headache and other aches and pains	Drink plenty of water and ask your pharmacist to recommend a suitable painkiller. If the pain does not ease, speak with your doctor
Feeling sick (nausea), tummy (abdominal) pain	Stick to simple foods – avoid rich or spicy meals. If the pain does not ease quickly, speak with your doctor straightaway
Acne, swollen hands or feet, raised blood pressure, increased body hair, breast or prostate problems, increased weight, baldness, mood changes	If any of these become troublesome, let your doctor know

**Important:** if you experience frequent erections or erections that last for a long time, you must let your doctor know about this. Your treatment will need to be reviewed in order to prevent any injury.

If you experience any other symptoms which you think may be due to this medicine, speak with your doctor or pharmacist.

## How to store mesterolone

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.

# Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine go to the accident and emergency department of your local hospital at once. Take the container with you, even if it is empty.

If you are having an operation or dental treatment tell the person carrying out the treatment which medicines you are taking.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

If you experience side effects, you can report them online through the [Yellow Card website](#).

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## Further reading

- [Medicines Complete BNF 87th Edition](#); British Medical Association and Royal Pharmaceutical Society of Great Britain, London.

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Authored by:	Peer Reviewed by: Sid Dajani	
Originally Published: 20/11/2023	Next review date: 21/11/2022	Document ID: doc_3306

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