

Package leaflet: Information for the user

Cyklo-f 500 mg tablets tranexamic acid

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Cyklo-f is available without prescription. However, you still need to take it carefully to get the best results.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side-effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in the leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 4 days.

What is in this leaflet:

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

1. What Cyklo-f is and what it is used for

Cyklo-f contains the active substance Tranexamic acid which belongs to a group of medicines called anti-fibrinolytics. These are used to control bleeding. When you bleed your body forms clots to stop the bleeding. In some people these clots break down causing too much bleeding. Cyklo-f stops these clots from dissolving and so reduces bleeding.

Cyklo-f is used only when your periods are regular to control heavy menstrual bleeding (see section 2 if you are unsure whether or not your periods are regular). Cyklo-f reduces the amount of blood lost during your period but may not help other symptoms such as period pain.

Heavy menstrual bleeding can cause anaemia (reduction in red blood cells). People with anaemia may be pale and feel tired, weak, dizzy or faint. If you think you may have anaemia, you should see your doctor.

You must talk to a doctor if you do not feel better or if you feel worse after 4 days.

2. What you need to know before you take Cyklo-f

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 Cyklo-f 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 Cyklo-f if your periods are not regular.

Do not take Cyklo-f if:

- you are allergic to tranexamic acid or any of the other ingredients in Cyklo-f (listed in section 6)
- you are under 18 years of age
- your periods are irregular
- you are pregnant
- you are taking the combined oral contraceptive (“the pill”)
- you have kidney disease
- you have blood in your urine between your periods. This may increase the risk of blockage of the urinary tract
- you have or have ever had a blood clot in your blood vessels (called a “thrombosis”), see immediately below for the warning signs of a blood clot.
- anyone in your family has suffered from blood clots in their blood vessels
- you are taking medicines to prevent or treat blood clots (e.g. warfarin)
- you have a history of convulsions

If any of the above applies to you, do not take Cyklo-f.

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 you should see your doctor immediately.

Check with your doctor before starting Cyklo-f if:

- you are taking oral contraceptives. These may increase the risk of blood clots forming
- you have disseminated intravascular coagulation (DIC), a disease where your blood starts to clot throughout your body
- you have recently noticed a change in your normal bleeding pattern
- you are over 45 years old
- your mother, grandmother, aunt or sister has suffered from endometrial cancer
- you are diabetic
- you are very overweight (obese)
- you have polycystic ovary syndrome (PCOS)
- you have abnormal bleeding between your periods
- you bleed after sexual intercourse
- you thought you had gone through the menopause, but now you have started bleeding again
- 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).

Your doctor may prescribe 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, see your doctor.

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

Other medicines and Cyklo-f

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, in particular if you are taking any of the following medicines:

- the “pill” (a combined oral contraceptive). You must not take Cyklo-f if you are already taking this medicine
- fibrinolytic drugs such as streptokinase (used to dissolve blood clots)
- tamoxifen (a drug used to treat breast cancer)
- an oestrogen
- any other medicine, including medicines obtained without a prescription.

Pregnancy, breast-feeding and fertility

Do not take Cyklo-f if you are pregnant as it may cause problems for your unborn baby. If think you might be pregnant, planning to have a baby or are breast-feeding, you should ask your doctor for advice before taking Cyklo-f.

Driving and using machines

Cyklo-f has no or little effect on the ability to drive and use machines. Visual disturbances may occur after taking tranexamic acid.

3. How to take Cyklo-f

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.

Remember: Cyklo-f should only be taken on the days when your period is heavy

Do not take Cyklo-f before your period has started as it will not work properly

Swallow the tablets whole, with water if needed

Do not take Cyklo-f for more than 4 days during each of your periods.

Use in adults:

- The usual 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 the 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.

Use in children under 18 years of age:

- Do not give to children under 18 years of age.

Use in the elderly:

- Cyklo-f is not for use in the elderly.

Using Cyklo-f every month

- Cyklo-f may be used every month as long as it continues to reduce your bleeding AND there are no changes in your bleeding pattern.

If Cyklo-f is not working

See your doctor if:

- Your bleeding has not been reduced by Cyklo-f after using it for 3 periods in a row
- Cyklo-f seems to have stopped working.

If you take more Cyklo-f than you should

If you accidentally take too many Cyklo-f tablets you should contact your doctor immediately, or go to the nearest hospital casualty department. If you take too much Cyklo-f, you may experience diarrhoea, feeling or being sick, dizziness or light-headedness upon standing, headaches or fits.

If you forget to take Cyklo-f

Do not take a double dose to make up for a missed dose. Take your next dose at the usual time.

If you have any further questions on the use of this product, ask your pharmacist.

4. Possible side effects

Like all medicines, Cyklo-f can cause side effects, although not everybody gets them.

Stop taking Cyklo-f and go immediately to hospital if you experience any of the following symptoms:

Frequency not known: cannot be estimated from the available data

- a blood clot in your leg or lungs, the symptoms of which may include:
 - pain, swelling or redness in your leg
 - difficulty breathing or shortness of breath
 - chest pain, which may get worse while breathing
 - coughing up blood
 - fainting
- an allergic reaction, the symptoms of which may include:
 - swelling of your throat and tongue
 - difficulty swallowing, tightness in your throat or a hoarse voice
 - wheezing, coughing or noisy breathing
 - a rash that is swollen, raised or itchy
- sudden onset kidney problems due to death of the tissue in the outer part of the kidney (acute renal cortical necrosis)

Stop taking Cyklo-f and tell your doctor immediately if you experience any of the following symptoms:

Uncommon: may affect up to 1 in 100 people

- itchy, red or swollen skin

Common: may affect up to 1 in 10 people

- feeling sick, being sick, diarrhoea. These are usually mild and pass very quickly, but if they continue, stop taking Cyklo-f and tell your doctor or pharmacist.

Frequency not known: cannot be estimated from the available data

- seizures, particularly in cases of misuse
- a blood clot in your blood vessels (called a 'thrombosis')• 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
- 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 Cyklo-f

Keep out of the sight and reach of children.

Do not use Cyklo-f after the expiry date stated on the carton and blister foil. The expiry date refers to the last day of that month.

Do not store above 25 °C.

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 Cyklo-f contains:

- The active substance is tranexamic acid. Each tablet contains 500 mg tranexamic acid.
- The other ingredients are microcrystalline cellulose (E460), hypolose (E463), talc (E553b), magnesium stearate (E572), colloidal anhydrous silica, povidone (E1201), methacrylate copolymer, titanium dioxide (E171), macrogol 8000 and vanillin.

What Cyklo-f looks like and contents of the pack

Cyklo-f tablets are white, oblong film-coated tablets. They are marked with CY with an arc above and below the lettering. They come in packs of 18 tablets.

Marketing Authorisation Holder

Viatrix Products Limited,
Station Close,
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EN6 1TL,
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Manufacturers

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This leaflet was last revised in April 2026.

If this leaflet is difficult to see or read, or you would like it in a different format, please contact Viatris Products Limited, Station Close, Potters Bar, EN6 1TL, United Kingdom.