

# ORAL CONTRACEPTIVES



- ❑ **Estelle® –35:** Cyproterone acetate 2mg, Ethinylestradiol 35mcg
- ❑ **Gynera®:** Gestodene 75mcg, Ethinylestradiol 30mcg
- ❑ **Marvelon®:** Desogestrel 150mcg, Ethinylestradiol 30mcg
- ❑ **Meliane®:** Gestodene 75mcg, Ethinylestradiol 20mcg
- ❑ **Mercilon®:** Desogestrel 150mcg, Ethinylestradiol 20mcg
- ❑ **Microgynon®:** Levonorgestrel 150mcg, Ethinylestradiol 30mcg
- ❑ **Yasmin®:** Drospirenone 3mg, Ethinylestradiol 30mcg
- ❑ **Yaz®:** Drospirenone 3mg, Ethinylestradiol 20mcg

## Patient Information Leaflet

This leaflet answers some common questions about oral contraceptives. It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist.

### What are oral contraceptives used for?

Oral contraceptives prevent pregnancy and promote regular menstrual bleeding.

### When should I take the medication?

The tablets should be taken at the same time daily after food. A barrier method of contraception e.g. condoms, is recommended for the first 7 days the first time you begin taking the oral contraceptives.

### How should it be taken?

For the first pack of oral contraceptives, take the first tablet on the \_\_\_\_ day of your menses.

- ❑ 21-day packing, your menses should begin during the 7-day tablet-free period. Even if your menses is still ongoing, subsequent pack is to be started after the 7-day tablet free period has elapsed.
- ❑ 28-day packing, your menses should begin during the intake of the “inactive pills”. When you finish all the 28 pills in the pack, start immediately with a new pack even if you still having your menses.

### What should I do if I miss a dose?

If a dose is missed, contraceptive protection may be reduced. In some cases, what you do depends on which week you missed the doses.

<p><i>GYNERA® / MELIANE® / MERCILON® / MICROGYNON® / YASMIN® /</i></p>	<p><b>&lt; 12hrs:</b> Take the missed pill as soon as remembered, then resume taking the next one at the regular time.</p> <p><b>&gt; 12 hrs:</b> See the following:-</p> <p>Week 1: Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Continue to take pills at your usual time. Use a barrier method for the next 7 days.</p> <p>Week 2: Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Continue to take pills at your usual time. If you did not take your pills correctly in the 7 days before you missed the first pill, or if you missed more than 1 pill, use a barrier method for the next 7 days.</p> <p>Week 3: Adhere to either of the following options.</p> <ol style="list-style-type: none"> <li>1) Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Continue to take pills at your usual time and start the next pack right away.</li> <li>2) Stop taking pills and have a tablet-free interval of up to 7 days, including the day pill was missed, then start a new pack.</li> </ol> <p>Note: If pills were taken correctly 7 days before you missed the first pill, you may adhere to either option. However, if pills were not taken correctly or more than 1 pill was missed, you will need to follow option 1 and barrier method to be used for the next 7 days.</p>
<p><i>MARVELON®</i></p>	<p><b>&lt; 12hrs:</b> Take the missed pill as soon as remembered, then resume taking the next one at the regular time.</p> <p><b>&gt; 12hrs:</b> Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Use another form of contraception for the next 14 days or until next period which ever is longer.</p>

<p><i>ESTELLE®-35</i></p>	<p><b>&lt; 12hrs:</b> Take the missed pill as soon as remembered, then resume taking the next one at the regular time.</p> <p><b>&gt; 12 hrs:</b> See the following:-</p> <p>Week 1 &amp; 2 : Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Continue to take pills at your usual time. Use a barrier method for the next 7 days.</p> <p>Week 3: Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Continue to take pills at your usual time and start the next pack right away.</p>
<p><i>YAZ® - contains 24 pink "active" and 4 white "inactive" tablets</i></p>	<p><b>Missed "inactive" tablets:</b> Remove the missed tablet and discard it.</p> <p><b>Missed "active" tablets:</b></p> <p><b>&lt; 12hrs:</b> Take the missed pill as soon as remembered, then resume taking the next one at the regular time.</p> <p><b>&gt; 12 hrs:</b> See the following:-</p> <p>Day 1-7: Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Continue to take pills at your usual time. Use a barrier method for the next 7 days.</p> <p>Day 8-14: Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Continue to take pills at your usual time. If you did not take your pills correctly in the 7 days before you missed the first pill, or if you missed more than 1 pill, use a barrier method for the next 7 days.</p> <p>Day 15-24: Adhere to either of the following options.</p> <ol style="list-style-type: none"> <li>1) Take the missed pill as soon as remembered, even if it means taking 2 pills at the same time. Continue to take pills at your usual time until all pink "active" pills are used up. Discard the 4 white "inactive" pills and start the next pack right away.</li> <li>2) Stop taking pills and have a tablet-free interval of up to 4 days, including the day pill was missed, then start a new pack.</li> </ol> <p>Note: If pills were taken correctly 7 days before you missed the first pill, you may adhere to either option. However, if pills were not taken correctly or more than 1 pill was missed, you will need to follow option 1 and barrier method to be used for the next 7 days.</p>

**What side effects can this medicine cause? What can I do about them?**

Spotting or bleeding may occur between your periods during the first 1-2 months of taking oral contraceptives. However, if this continues after the second month, consult your doctor. Other common side effects include:

- nausea and vomiting
- bloating and abdominal cramps
- breast tenderness
- headache or migraine
- intolerance to contact lenses
- weight changes
- mood swings
- pigmentation of the skin

Consult your doctor about any symptom that becomes bothersome. Serious side effects such as blood clot formation are rare. However, report any severe pain or numbness in the arms, chest, and legs or feeling of breathlessness to your doctor.

**Special instructions:**

If vomiting and diarrhea occurs within 4 hours of taking oral contraceptives, the tablet may not be absorbed. It is considered a missed dose. You should then follow instructions in the missed dose chart.

Other medications such as antibiotics may reduce the effectiveness of oral contraceptives.

Be sure to inform other doctors/dentists about the oral contraceptives you are taking if you are seeing them for other medical conditions.

If you miss your period, consult your doctor to determine if you are pregnant before continuing to take the next cycle of oral contraceptives.