



HINT!
Set a
reminder
in your
phone.

My period calendar

Want to know more about your birth control pill? Read the package insert or visit www.fimea.fi


If you have more questions about Drovelis®, you can always contact your midwife or gynaecologist. You are also welcome to contact us on phone: +46 8 506 394 76 or email: medinfo.se@gedeonrichter.eu



GEDEON RICHTER

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 **drovelis**
3 mg drospirenone and 34.2 mg estetrol
(as ethyl ester monohydrate)
Combination oral contraceptive pill with
24/4 regimen

Important to know about Drovelis®

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YOU RECEIVED THIS BROCHURE FROM YOUR MIDWIFE
OR GYNAECOLOGIST, WHO PRESCRIBED DROVELIS® FOR YOU.

DROVELIS® – RELIABLE PROTECTION FROM UNWANTED PREG- NANCY

Birth control pills are one of the most reliable ways to protect yourself from unwanted pregnancy, but it is important that you use them correctly. This brochure tells you more about your new birth control pills and how to use them.

Different contraceptives are better suited for different women. Drovelis® is a combination oral contraceptive pill that contains low doses of the hormones estetrol – a naturally occurring oestrogen – and drospirenone – a progestin similar to the body's own progesterone.

If you do not think Drovelis® works well for you, there are other alternatives. Talk to your midwife or gynaecologist if you have questions.



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WHAT TO THINK OF BEFORE YOU START TAKING DROVELIS®

- 1 Do not start taking Drovelis® if you are pregnant. If you are unsure, take a pregnancy test or talk to your midwife or gynaecologist.
- 2 Be sure to tell your midwife or gynaecologist if you:
 - *Have now, or have had, a liver or kidney disease, blood clot (or if a family member has had a blood clot), cancer in your breasts or genitals, high blood pressure, diabetes, unexplained vaginal bleeding or migraine with aura.*
 - *Smoke and are over age 35.*
 - *Are oversensitive or allergic to anything.*
 - *Use other pharmaceuticals or natural medicines.*
- 3 There is more information in the package insert. Read it carefully.

HOW TO GET STARTED WITH DROVELIS®

How you start taking a new birth control pill depends on whether you are currently using another form of hormonal birth control or if you have not done so for the last month. If you follow the advice below, you will have adequate protection against pregnancy even during the transition between two forms of birth control.



If you have not used hormonal birth control for the previous month, follow these steps:

- 1 *Take your first pill on the first day of your period.*
- 2 *Then take one a day. Follow the arrows on your pack. Because the content of the tablets is different, you must start with a pink pill (the first pill at the top left). Then take all 24 of the pink pills. When the pink pills are gone, take the 4 white pills (placebos) during the last four days of the 28-day cycle.*
- 3 *Take your pill at the same time of day, for example at breakfast or when you brush your teeth.*
- 4 *When you finish one pack, start a new one in the same way. Do not take a break. Choose the appropriate day of the week.*
- 5 *You can have period-like bleeding when you take the white hormone-free pills. If you start taking Drovelis® on the first day of your period, you will have immediate protection from pregnancy. You can also start on day 2–5 of your menstrual cycle. But then you must use additional protection (such as a condom) the first 7 days.*

IF YOU ARE SWITCHING FROM ANOTHER BIRTH CONTROL PILL, VAGINAL RING OR BIRTH CONTROL PATCH, FOLLOW THESE INSTRUCTIONS:

- Continue taking your current birth control pill until you finish your current pack.
- If you are using birth control pills with 21 pills per pack, start immediately after taking the last pill in the pack.
- If you are using birth control pills with 28 per pack, start right after the last hormone-free (placebo) pill.
- If you have been using a vaginal ring or birth control patch, **start taking Drovelis®** no later than the day you would have applied a new patch or inserted a new ring.

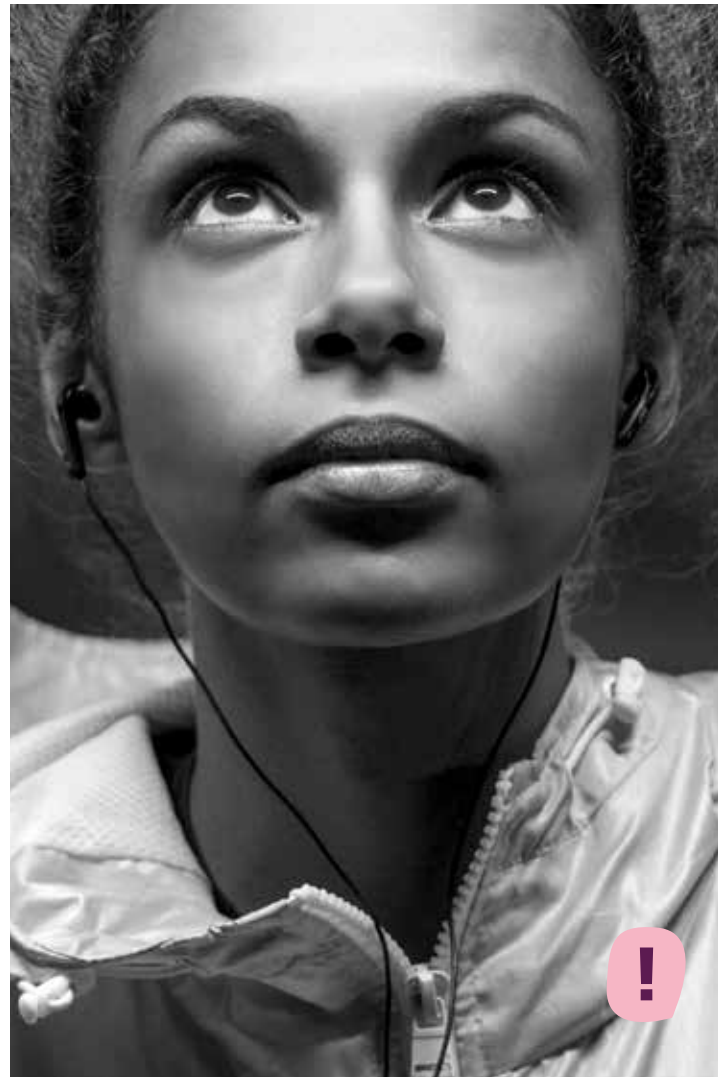
IF YOU ARE SWITCHING FROM PROGESTIN-ONLY PILLS, CONTRACEPTIVE INJECTIONS, A CONTRACEPTIVE IMPLANT OR AN INTRAUTERINE DEVICE, FOLLOW THESE INSTRUCTIONS:

- From progestin-only pills: switch on any day.
- From a contraceptive implant or IUD: start taking Drovelis® the same day your old device is removed.
- From contraceptive injections: switch at the time for your next injection.
- When switching from these four methods, you must use additional protection (such as a condom) the first 7 days.

Drovelis® is a combination oral contraceptive pill that contains low doses of the hormones *estetrol* – a naturally occurring oestrogen – and *drospirenone* – a progestin similar to the body's own progesterone. The hormones work in a similar way to the body's own oestrogen and progesterone.

WHAT TO THINK ABOUT

- *Always tell your midwife or doctor that you use Drovelis®.*
- *Use a condom for added protection when you have a new partner. Drovelis® does not protect from sexually transmitted diseases such as herpes, chlamydia, condyloma, gonorrhoea or HIV.*
- *Drovelis® is a pharmaceutical – always keep it out of the reach of children.*
- *Never give your Drovelis® pills to anyone else.*





FREQUENTLY ASKED QUESTIONS ABOUT DROVELIS®

On the next few pages you will find the answers to common questions about Drovelis®. Talk to your midwife or gynaecologist if you want to know more, have any questions or are not happy with your birth control pill.

Is Drovelis® suitable for everyone?

It is important that you are happy with your birth control pill and that you feel well when using it. Just like other forms of hormonal birth control, Drovelis® can cause side effects, such as acne, headache, nausea, menstrual disruptions, mood swings and tender breasts. Some side effects may subside after a while and some people will have no side effects at all.

Can Drovelis® make me gain weight?

Studies have shown that women generally do not gain weight due to birth control pills, but occasionally women do. Some women also occasionally lose weight due to Drovelis®.

Can I delay my period?

If you want to delay your period, you can do so by only taking the pink pills (not the 4 last white placebo pills). Then throw away the pack and start a new one immediately. Continue with the next pack as usual. You may have a light or menstruation-like bleed when you take the next pack. Ask your midwife or gynaecologist for advice if you are unsure of what to do.



Can I get irregular bleeding?

When you start taking Drovelis® you may have unexpected spotting (bleeding outside the 4 days with the white placebo pills). After a few months, the spotting usually stops. Keep taking your birth control pills as usual the whole time.

I did not have any bleeding during the hormone-free period. Could I be pregnant?

If you forgot to take your pill on time, or if the expected bleeding did not occur twice in a row, you might be pregnant. You should take a pregnancy test. You can only start the next pack of pills if you are sure that you are not pregnant. Contact your midwife or gynaecologist if you have questions. Also see below.

IMPORTANT!

You are not protected if it has been more than 24 hours since you should have taken your Drovelis® pill. **Be sure to use a condom for the next 7 days for additional protection.** You may have become pregnant if you missed taking a Drovelis® in the first week of treatment and had intercourse the previous week. Contact your midwife or gynaecologist for advice.





What do I do if I forgot to take my pill?

*Take your birth control pill as soon as possible if you have forgotten to take it. Then take your next pill at the usual time. This may mean taking two pills on the same day. If it has been more than 24 hours since you should have taken your pill, you should use a condom for the next 7 days as additional protection.**

** For more detailed information about forgotten pills, see the package insert.*

Can Drovelis® give poorer protection if I have vomiting or diarrhoea?

Yes, so be sure to use a condom for additional protection for 7 days after having vomited or had diarrhoea, and continue to take your birth control as usual.

Can I take other medicines while using Drovelis®?

Be sure to tell your midwife or gynaecologist if you are taking other medicines, including over-the-counter medicines and natural medicines. Some medicines may reduce the effectiveness of your birth control or cause breakthrough bleeding.

This is often the case with medicines used to treat epilepsy, tuberculosis, HIV infection or high blood pressure, as well as antibiotics against other infections and natural medicines containing St John's wort. Drovelis® can affect the effectiveness of other medicines, such as:

- *Medicines containing cyclosporine.*
- *The anti-epileptic medicine lamotrigine (this can lead to an increase in the number of seizures).*

Can I get pregnant as soon as I stop taking Drovelis®?

Yes, you can get pregnant in the first month after you stop taking Drovelis®.

Can I start taking Drovelis® immediately after taking an emergency contraception pill?

***ellaOne** must be taken within 120 hours (5 days) after unprotected sex or a birth control failure.*



If you have taken ellaOne®, you should wait 5 days before starting any birth control pills or other hormonal method, because these contraceptives can reduce the effect of ellaOne®.

You should use a condom or other barrier method for 2 weeks after taking the emergency contraceptive pill ellaOne®.

NorLevo/Postinor® must be taken within 72 hours (3 days) after unprotected sex or a birth control failure.

If you have taken NorLevo/Postinor®, you can immediately continue with or start taking birth control pills or another hormonal method.

You should use a condom or other barrier method for 1 week after taking the emergency contraceptive pill NorLevo/Postinor®.

For more information, visit www.medicines.org.uk/emc

IMPORTANT! Always tell your midwife or gynaecologist that you use Drovelis®!

When can I start taking Drovelis® after pregnancy, an abortion or a miscarriage?

Follow the recommendations of your midwife or gynaecologist.

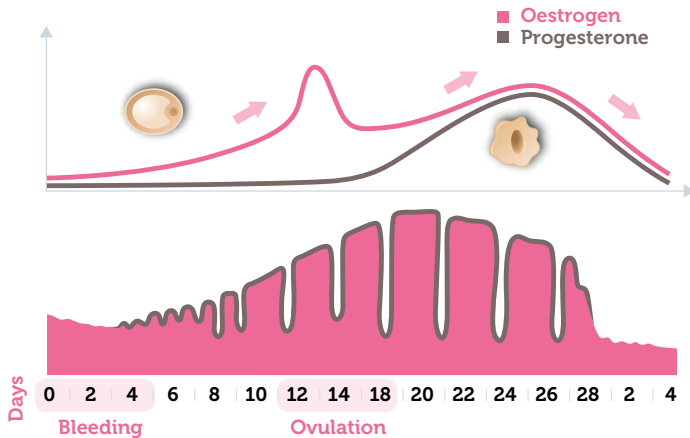
When should I immediately seek medical attention?

- *If you get symptoms of a blood clot. The signs can be severe pain, swelling in the legs, unexplained chest pain, breathlessness or unusual coughing. There is a complete list in the package insert.*
- *If you suddenly experience severe pain in the lower abdomen, a lump in your breast, heavy vaginal bleeding, severe itching, dizziness, if you suspect you are pregnant, or if you are about to have surgery.*

If you cannot get hold of your midwife or gynaecologist, you can always contact other health care professionals directly.

YOUR MENSTRUAL CYCLE

Do you get your period at the same time each month, or less regularly? The time when your period starts can vary from woman to woman. A period cycle is counted from the first day you have your period until the first day of the next period and it lasts on average 28 days.



WHAT HAPPENS DURING YOUR CYCLE

- 1 In the beginning of the menstrual cycle your brain sends signals to your ovaries and a follicle starts to mature.
- 2 Oestrogen produced by the growing follicle causes the lining of your womb to thicken.
- 3 Fourteen days before your period, the follicle bursts, releasing the egg.
- 4 The egg is caught by the fallopian tube and starts travelling down to the womb.
- 5 The burst follicle produces progesterone. The womb lining thickens in preparation to receive an egg.
- 6 If the egg is not fertilised, the production of oestrogen and progesterone decreases.
- 7 On the 28th day, the womb lining is expelled in the menstrual flow.

YOUR DROVELIS® PACK

- *Drovelis® comes in a packet of 3 packs.*
- *Each pack has 24 pink hormone tablets and 4 white hormone-free tablets (placebos).*

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more about your
birth control pill?

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www.fimea.fi



drovelis

3 mg drospirenone and 14.2 mg estetrol
(as estetrol monohydrate)

Combination oral contraceptive pill with
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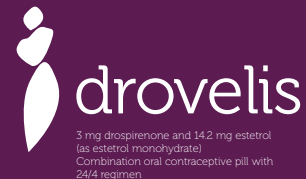
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MY PERIOD CALENDAR

Make a note of any bleeding in the calendar and take it with you on your next visit to your midwife or gynaecologist.



Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

PERIOD CALENDAR

Instructions: Write down the month and day you started taking Drovelis®.

Write a **P** on the days you need period products. Write an **L** when you only need panty liners.

NOTES