It is important to check your breasts regularly and contact your doctor as soon as possible if you feel any lump in your breast. Your doctor can explain to you what to do.

If Cerelle is used in the presence of any of the conditions listed above, you may need to be kept under close observation.

Cerelle contains lactose and is not suitable for use by people who do not tolerate lactose and by women who are breast feeding.

In contrast to the combined pill, Cerelle can be used by women who do not tolerate oestrogens and by women who are breast feeding. In contrast to the combined pill, the POP or mini-pill does not contain an oestrogen hormone, but only a progestogen. Most POPs or mini-pills work primarily by preventing the sperm cells from entering the womb but do not always prevent the egg cell from opening which is the primarily action of combined pills.

Cerelle is distinct from other mini-pills in having a dose that is in most cases high enough to prevent the egg cell from ripening. Unlike the combined pill, Cerelle provides high contraceptive efficacy.

This medicine is for the prevention of pregnancy.

You should not start treatment with Cerelle if you:

• you have ever had breast cancer;
• you have ever had or have had breast tenderness;
• you have or ever had thyroidism (a condition of a blood clot in a blood vessel, which may lead to obstruction of this blood vessel (e.g. of the legs (deep venous thrombosis)), the lungs (pulmonary embolism), the heart (heart attack) or brain (stroke)).

You should not take Cerelle:

• if you are pregnant, use a non-hormonal method of birth control.

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor for advice about stopping the Pill.

• you are allergic to any of the ingredients of this medicinal product.

• you have severe pain or swelling in either of your legs, (possibly indicating a thrombosis (see also 'Contact your doctor as soon as possible if});

• you have severe pain or swelling in either of your legs, (possibly indicating a thrombosis (see also 'Contact your doctor as soon as possible if});

• you have a thyroid condition;
• you have severe pain or swelling in either of your legs, (possibly indicating a thrombosis (see also 'Contact your doctor as soon as possible if});

• if you have had a blood clot (e.g. due to a blood clot (e.g. due to a blood clot (see also 'Contact your doctor as soon as possible if});

• if you have a history of blood cancer;

• you have a history of breast cancer;

• you have a history of blood cancer;

• you have had or have had breast tenderness (not due to a blood clot (see also 'Contact your doctor as soon as possible if});

• you have any unusual swelling or lump in your breast;

Your doctor can explain to you what to do.

Breast cancer

It is possible to check your breasts regularly and contact your doctor as soon as possible if you feel any lump in your breast.

Breast cancer has been found slightly more often in women who take the Pill in women of the same age who do not take the Pill. Taking the Pill for 5 years or more does not significantly decrease, so that after 10 years after stopping the Pill the risk is the same as in women who have never taken the Pill. Breast cancer is rare under 40 years of age but the risk increases as the woman gets older. Therefore, the extra number of breast cancer diagnoses is higher if the age until which the women continues to take the Pill is higher. How long she takes the Pill is key.

In every 100,000 women who take the Pill for up to 5 years but stop taking it by the age of 20, there would be less than 1 extra case of breast cancer found up to 10 years after stopping, in addition to the 4 cases normally diagnosed in the age group.

In every 100,000 women who take the Pill for up to 5 years but stop taking it by the age of 30, there would be less than 5 extra cases in addition to the 100 cases normally diagnosed.

The risk of breast cancer in users of progestogen-only pills like Cerelle is believed to be similar to that of women who use the Pill, but the evidence is less conclusive.

Breast cancers found in women who take the Pill seem less likely to be hormone sensitive breast cancers. It is not known whether the difference in breast cancer risk in Pill-users compared to non-users was larger when the women were examined more often, or that the breast cancer is reduced faster.

Thrombosis is the formation of a blood clot, which may block a blood vessel. A thrombosis is sometimes situated in the deep veins of the legs (deep venous thrombosis). If this clot breaks away from the veins where it is formed, it may reach and block the arteries of the lungs, causing a so-called "pulmonary embolism". A pulmonary embolism can cause chest pain, breathlessness, collapse or even death.

Deep-venous thrombosis is a rare occurrence. It can develop whether or not you are taking the Pill. It can also happen if you become pregnant.

The risk is highest in Pill-users than in non-users. The risk with progestogen-only pills is lower than in women taking the combined pill. The risk is particularly high in users of POPs who also contain oestrogens (combined POPs).

Children and adolescents

The safety of Cerelle has not been established in adolescents below 18 years but has not yet been established. No data are available.

Other medicines and Cerelle

Talk to your doctor or pharmacist before taking Cerelle.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

Keep this leaflet. You may need to read it again.

You may need to talk to your doctor or pharmacist if you are taking or planning to take medicines which interact with Cerelle.

Cerelle contains lactose, and may not be suitable for use by people who are allergic to lactose.

If you are not sure whether this applies to a medicine you are taking, check with your doctor or pharmacist.

If you are taking other medicines, contact your doctor before taking Cerelle.

• you have high blood pressure;
• you are allergic to milk, eggs, fish, crustaceans or celery.

• you have a history of jaundice (yellowing of the skin, the whites of the eyes) or a severe liver disease and the function of your liver (as determined by laboratory investigations) of the blood) has not returned to normal.

• you have a tumour of the ovary,

• you have an unusual rapid increase in breast size, (not due to a blood clot (see also 'Contact your doctor as soon as possible if});

• you have a family history of breast cancer;

• you have a history of jaundice (yellowish-brown pigmentation patches on the skin, particularly of the face), if you have been much exposed to the sun or ultraviolet radiation.

If Cerelle is used in the presence of any of the conditions listed above, you may need to be kept under close observation.

Your doctor can explain to you what to do.

If you are pregnant or breast-feeding, contact your doctor as soon as possible if:

• you have any unexplained vaginal bleeding.

• you have or have ever had jaundice (yellowing of the skin, or darkening of the urine), or a severe liver disease.

• you have unusual, heavy vaginal bleeding;

• you have a sudden, severe stomach ache or jaundice (you may notice paleness of the skin, the whites of the eye, or dark urine, possibly indicating liver problems);

• you have breast cancer;

• you have a sudden or severe pain in the lower abdomen or stomach area (possibly indicating an ectopic pregnancy, this is a pregnancy outside the womb);

• you have had an abortion or had surgery (consult your doctor at least four weeks in advance);

• you have had an abortion or had surgery (consult your doctor at least four weeks in advance);

• you have had, unusual heavy bleeding;

• you have an ectopic pregnancy.
3. HOW TO TAKE CERELLE

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Each strip of Cerelle contains 28 tablets. Arrange and the days of the month you are on the strip so that the tablet you help you take your pill correctly. Take your daily tablet at about the same time each day. Swallowing with water.

Each time you start a new strip of Cerelle take a tablet from the top row. Do not start with just any tablet. For example, if you forget to take your tablet on the first day of the strip you are concerned, put the tablet in your mouth and then swallow it.

You may also start on day 5 of your cycle, but you must also use an additional contraceptive method (barrier method) for the first 7 days of tablet-taking.

If you vomit, have diarrhoea or use medical charcoal tablet-intake and had sex in the week before missing the tablet, you don't need to take the earlier missed ones. You take the tablet as soon as you remember, and take the next one in the strip. If you vomit, have diarrhoea or use medical charcoal tablet-intake and had sex in the week before missing the tablet, you don't need to take the earlier missed ones. You take the tablet as soon as you remember, and take the next one in the strip.

If you take too many Cerelle tablets at one time. Symptoms that may occur if you take too many Cerelle tablets at one time include:

• nausea,
• vomiting,
• abdominal pain,
• headache,
• blurred vision,
• fainting,
• breathlessness,
• pain in the lower abdomen or back.

If you take too many Cerelle tablets at one time, you might fall pregnant.

Contraceptive protection may be reduced if you take the pill on the same day you have had sex. If you have sex on the same day you start on the strip, you might fall pregnant.

If you have a sudden or severe pain in the lower abdomen or back. This may be a sign that the contraceptive protection of Cerelle is not maintained.

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

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them. Like all medicines, this medicine can cause side effects, although not everybody gets them.

• Serious allergic reaction-angioedema, such as swelling, face, tongue or pharynx, difficulty swallowing, or hives and itching. If you have any questions on the use of this medicine, ask your doctor or pharmacist.

• Irregular or no menstruation,
• acne,
• decreased sexual drive (libido),
• hair loss,
• vomiting,
• difficulties in wearing contact lenses,
• tiredness.

Common (may affect up to 1 in 10 people):

• rash,
• abdominal pain,
• headache,
• dizziness,
• fatigue,
• backache,
• pains in the legs,
• tiredness.

Uncommon (may affect up to 1 in 100 people):

• nausea,
• difficulty in wearing contact lenses,
• abdominal pain,
• tiredness.

Rare (may affect up to 1 in 1,000 people):

• pain in the vagina,
• abdominal pain,
• backache,
• tiredness.

Some rare reactions may not appear until later in the use of Cerelle (see section 4. “Possible side effects”), but you must continue to take your contraceptive pill as usual, until the next injection is due or on the day of removal of your implant or your IUD.

You may have some bleeding during the use of Cerelle (see section 4. “Possible side effects”), but you must continue to take your contraceptive pill as usual, until the next injection is due or on the day of removal of your implant or your IUD.

If you stop taking Cerelle you can stop taking Cerelle whenever you want. From the day step can be made, refer to your doctor at once where appropriate.

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

If you are not using hormonal contraception at present (or in the past month) you are no longer protected against pregnancy. If you vomit, have diarrhoea or use medical charcoal tablet-intake and had sex in the week before missing the tablet, you don’t need to take the earlier missed ones. You take the tablet as soon as you remember, and take the next one in the strip.

• The other ingredients are:

• 75 microgram desogestrel.

• Paracetamol 500 mg.

• Hair loss,
• vomiting,
• abdominal pain,
• backache,
• tiredness.

If there are no reports on any special side effects from taking too many Cerelle tablets at one time. Symptoms that may occur are:

• you may feel tired or listless,
• you may feel heavy or bloated,
• you may experience vaginal bleeding. For more information on how you doctor for advice.

If you missed one or more tablets in the very first week of tablet-taking you might fall pregnant.

• nausea,
• abdominal pain,
• headache,
• dizziness,
• fatigue,
• backache.

If you missed one or more tablets in the very first week of tablet-taking you might fall pregnant.

• nausea,
• abdominal pain,
• headache,
• dizziness,