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

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

• If you get any side effects, talk to your doctor, pharmacist, or nurse.

• This medicine has been prescribed for you only. Do not pass it on to others. It is not suitable for all women, so you should not give it to anyone else as it may harm them.

• If you get any side effects, talk to your doctor, pharmacist or nurse. If any side effects not listed in this leaflet occur, tell your doctor or pharmacist.

What is in this leaflet:

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

1. What Desogestrel is and what it is used for

Desogestrel contains a small amount of one type of female sex hormone called desogestrel. Desogestrel is used to prevent pregnancy.

There are 2 main kinds of hormone contraception. The combined pill (COC), “The Pill,” contains 2 types of female sex hormones: an oestrogen and a progestogen. The progestogen, commonly desogestrel (POPs) or desogestrel (mini-pills), which do not contain an oestrogen.

Some POPs are progesterone-only pills (POPs) or mini pills. 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 ripening. This is not the way that combined pills work.

Desogestrel is different from other mini pills in having a dose that varies according to the day of the cycle. As a result, Desogestrel is a highly effective contraceptive.

In contrast to the combined pill, Desogestrel can be used by women who do not tolerate oestrogens and by women who are breast feeding.

A disadvantage is that vaginal bleeding may occur at irregular intervals during the use of Desogestrel. On the other hand, you may have fewer days of bleeding per month than with the combined pill.

1. What you need to know before you take Desogestrel

Desogestrel like other hormonal contraceptives, does not protect against sexually transmitted diseases.

Do not take Desogestrel:

• If you have a thrombosis. Thrombosis is the formation of a blood clot in the bloodstream (of the veins or the arteries) or in a blood vessel. This, in contrast to arterial thrombosis, can cause serious damage to the kidneys.

• If you have or have had jaundice (yellowing of the skin) or severe liver disease and your liver function is not normal.

• If you are or have been pregnant within the last 5 months.

• If you have or are suspected of having cancer that grows under the influence of sex-steroids, such as certain types of breast cancer.

• If you have any unexplained vaginal bleeding.

• If you are allergic to peanut or any of the other ingredients of the medicine (listed in section 6).

• If any of these conditions appear for the first time while using Desogestrel, consult your doctor immediately.

Warnings and precautions

Taking Desogestrel with care

If you have or have had breast cancer:

• If you have ever had breast cancer, your doctor may not prescribe Desogestrel.

• If you have reasons to think you may have breast cancer, tell your doctor before you start or stop taking this medicine.

When Desogestrel is used in the presence of any of these conditions, it should be used with less caution, especially if you are pregnant or breast-feeding.

Breast cancer:

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

• Breast cancer has been found slightly more often in women who use the Pill than in women of the same age who do not take the Pill. If women stop taking the Pill, this risk is reduced, so that 10 years after stopping the Pill, the risk is the same as for women who have never taken the Pill.

Breast cancer is rare under 40 years of age but the risk increases, as do the other listed risks, with the age at which the woman gets older. Therefore, the extra number of breast cancers that occur due to the Pill is small and is less likely to be identified.

• If you notice possible signs of breast cancer in your breast, make an appointment to see your doctor as soon as possible.

• If you have or have had jaundice (yellowing of the skin) or severe liver disease and your liver function is not normal.

• If you have high blood pressure.

• If you have or have had diabetes.

• If you have or have had obesity.

• If you have or have had (unrelated to pregnancy) constipation, abdominal pain, or you feel a lump in your abdomen.

• When you start the contraceptive, you should be kept under close observation. Your doctor can explain what to do.

Breast cancer:

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

• Breast cancer has been found slightly more often in women who use the Pill than in women of the same age who do not take the Pill. If women stop taking the Pill, this risk is reduced, so that 10 years after stopping the Pill, the risk is the same as for women who have never taken the Pill.

Breast cancer is rare under 40 years of age but the risk increases, as do the other listed risks, with the age at which the woman gets older. Therefore, the extra number of breast cancers that occur due to the Pill is small and is less likely to be identified.

• If you notice possible signs of breast cancer in your breast, make an appointment to see your doctor as soon as possible.

• If you have or have had jaundice (yellowing of the skin) or severe liver disease and your liver function is not normal.

• If you have high blood pressure.

• If you have or have had diabetes.

• If you have or have had obesity.

• When you start the contraceptive, you should be kept under close observation. Your doctor can explain what to do.
You may have some bleeding during the use of Desogestrel, but you must continue to take your tablets as normal.

If you have a tablet, ring or patch-free break
- If you follow these instructions, make sure you use an additional barrier method of contraception for the first 7 days of tablet-taking.
- If you don’t have a tablet, ring or patch free break
  - Start taking Desogestrel on the day after you take the last tablet of your current contraceptive method.
  - If your present PPI pack also contains minipill tablets, you can start Desogestrel after not taking your last mini pill (if you are not sure with this, ask your doctor or pharmacist).
  - If you follow these instructions, additional contraceptive precautions are not necessary.

Common (may affect up to 1 in 10 women): mood changes, decreased vaginal lubrication, vaginal dryness, headache, nervousness, abdominal discomfort, nausea, vomiting and in young girls, slight vaginal bleeding. For more information, please consult your doctor or pharmacist.

This includes any possible side effects not listed in this leaflet. You should report any side effect to your doctor, pharmacist or nurse. By reporting side effects, you can help provide more information on the safety of this medicine.

Desogestrel 75 mcg PIL - United Kingdom

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