**Do you have any of these signs?**

- swelling of one leg or a vein in the leg or foot especially if the swelling increases over time
- sudden pain or tenderness in the leg which may be felt only when standing or walking
- increased warmth in the affected leg

**What is the risk of developing a blood clot in a vein?**

- The risk of developing a blood clot in a vein is highest during the first year of use. However, if you continue using Cilique, the risk may also be higher if you restart using the Pill after the same product or a different Pill if you have been off it for 4 years or more.

- After the first year, the risk gets smaller but is always higher during the first few months of use than at other times. You should not use Cilique if you have any of the conditions shown on the leaflet.

**What is the risk of developing a blood clot in an artery?**

- The risk depends on your natural risk of VTE and the type of Pill you are using.

- The overall risk of a blood clot in the leg or lung (DVT or PE) with Cilique is

- about 1 in 100 women per year of use (or about 5 cases per 1000 women per year of use)

**Bleeding disorders**

- If you have haemophilia (a condition in which a disorder of the blood clotting mechanism (haemorrhage)).

- If you have sickle cell anaemia (inherited disease of the red blood cells).

- If you have haemostatic disorders (e.g. a disorder of the blood clotting mechanism (haemorrhage)).

- If you have a blood clotting disorder.

- If you have had a blood clot in your lung or leg.

- If you have had breast cancer.

**Blood clots in an artery**

- The risk of having a blood clot will vary according to your personal history (see Section 4.3 ‘Blood clotting disorders)’. The factors that increase the risk of a blood clot depend on the Pill you are taking.

- In about 5 out of 10,000 women using Cilique,

- you are at an increased risk of bleeding from the body.

- You may also have to stop your Pill and start another one if you do not have any blood clots when you stop your Pill (see section 2.3 ‘The Pill and blood clots’). Your doctor will tell you when to start it.

**What are the benefits of the Pill?**

- If you have had a blood clot in your lung or leg, the Pill may be used for a year after you have stopped your Pill (see Section 2.3 ‘The Pill and blood clots’). Your doctor will tell you when to start it.

**Blood clots in the lung (PE)**

- If you are unsure, talk to a doctor as some tests to detect a blood clot (see section 2.3 ‘The Pill and blood clots’).

- If you have a history of being short of breath or a history of being short of breath may be mistaken for a blood clot.

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**What can happen if a blood clot forms in a vein?**

- It is important to note that the risk of a heart attack or stroke changes over time. The risk of a heart attack or stroke varies depending on the age and other risk factors of the individual. You may need to take blood pressure medication or other medicines to reduce your risk of a heart attack or stroke.

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Take Cilique every day for 21 days
Cilique contains a strip of 21 pills, each marked with a day of the week.
• Take one pill at the same time every day.
• Follow the direction of the arrows on the strip. Take one pill each day, except for 7 days after your last pill.
• Swallow each pill whole, with water. Do not chew.

Then have seven pill-free days
After you have taken 21 pills in the strip, you have seven days when you do not have to take Cilique. This is your pill-free or holiday pack. On a Friday, you will take the first pill of your next pack on a Monday. Each week, you should have a seven-day holiday, so you do not have to take the last pill of your first pack on a Friday and the first pill of your second pack on a Monday.

Do not worry—your contraceptive protection should not be reduced.

How late are you?
You have less than 12 hours left
• Take the missed pill straight away, and follow the normal seven pill-free days. This may mean taking two pills in one day.

You have more than 12 hours left but have missed one more pill than usual
• Take the most recently missed pill straight away.
• Leave any earlier missed pills in the strip.
• Use extra precautions (condoms for instance) for the next 7 days.
• Check how many pills are left in the strip after the last taken.

You have more than one more pill than usual
• Use precautions (condoms for instance) for the next 7 days.

You have missed a whole pack
You should start your next strip right away.

You have had sex in the last 7 days
Ask your doctor, family planning nurse or pharmacist whether you need to use extra contraception in these cases.

Don’t worry—your contraceptive protection is not reduced.

If you are breast-feeding
If you are breast-feeding, your doctor or family planning nurse can tell you if this is necessary and for how long.

If you are taking tamoxifen, you should not use contraception that contains estrogens, such as Cilique, as this can increase the risk of breast cancer.

If you are taking anticonvulsant or antipsychotic or other medicines that have an increased risk of bleeding, you should talk to your doctor about the risks and benefits of using Cilique.

If you have had a miscarriage or an abortion, your doctor may advise you to use extra contraception until you have taken the first pill of a new pack of Cilique.

If you had sex in the last seven days, ask your doctor, family planning nurse or pharmacist whether you need to use extra contraception in these cases.

Other serious side effects include:
• Increased blood pressure (eclampsia)—may occur up to 1 in 10 people.
• Blood clots (thromboembolism, VTE) are present for all women taking the Pill. For more detailed information on the conditions that increase this risk (see Section 2.3 ‘The Pill and blood clots’).

If you think you may have any of these, see a doctor straight away.

4.2 Other possible side effects—tell your doctor
Very common: (happens in more than 1 in 10 people)
• Headache (but if severe, unusual or long lasting, see a doctor)

Common: (happens in more than 1 in 100 people)
• Stomach problems such as nausea, vomiting and diarrhoea
• Blood clots and bleeding problems between your periods for the first few months

Uncommon: (happens in more than 1 in 1,000 people)
• Severe headache
• Depression, mood change, feeling nervous or dizzy

Rare: (happens in less than 1 in 1,000 people)
• Stomach ache and bloating; constipation; wind
• Acne, rash
• Muscle, joint or bone pain
• Hair thinning

Other serious side effects include:
• Severe allergic reaction (may affect more than 1 in 10 people)
• Anaphylaxis (may affect up to 1 in 1,000 people)
• Difficulty in swallowing or breathing
• Night sweats
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• Difficulty in swallowing or breathing
• Night sweats

When to stop Cilique
If you want to stop taking Cilique:
• If you are not planning to breastfeed and have finished with children
• If you are not planning to breastfeed and have finished with children
• If you are taking aprepitant or fosaprepitant you should use contraceptive protection for at least 4 weeks after finishing treatment

Cilique also contains:
• Estrogens (to prevent menstruation and cures of menopausal or menorrhagia symptoms)
• Gestagens (to inhibit ovulation)

You should not use contraceptive protection that contains estrogens, such as Cilique, as this can increase the risk of breast cancer.

If you have had sex in the last seven days, ask your doctor, family planning nurse or pharmacist whether you need to use extra contraception in these cases.

Don’t worry—your contraceptive protection is not reduced.