1. WHAT CERELLE IS AND WHAT IT IS USED FOR

Cerelle is a combined contraceptive tablet containing 30 mcg ethinyl estradiol and 150 mcg desogestrel. For this reason Cerelle is a progestogen-only pill (POP) or mini-pill. Unlike the combined contraceptive pill (COP), which contains an oestrogen hormone, but only a progestogen, most POPs or mini-pills contain both an oestrogen hormone, the progestogen, desogestrel. For this reason Cerelle is distinct from other mini-pills in having a dose that is lower than 160 cases and normal diagnosis. Cerelle less effective, a barrier contraceptive method should be used in addition to the Pill. It can also happen if you change the time at which you take the Pill. If you have any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE CERELLE

Cerelle will not protect you against HIV infection (AIDS) and any other sexually transmitted diseases. Do not take Cerelle

- If you are allergic to any of the ingredients listed above.
- If you have or have had jaundice (yellowing of the skin or any other conditions listed below. If any of these apply to you, tell your doctor before taking this medicine.

- If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor for advice before taking this medicine.
- If you are taking medicines or herbal products that might make Cerelle less effective, a barrier contraceptive method should be used in addition to the Pill. It can also happen if you change the time at which you take the Pill. If you have any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

3. POSSIBLE SIDE EFFECTS

In women who take the Pill for up to 5 years but stop taking it by the age of 30, there would be 5 extra cases in this age group.

- Blood clots
- Jaundice (yellowing of the skin or the blood) has not returned to normal.
- The second ovary may have had a period (lasting a few days or a month of white stop ovulating. As a result, Cerelle provides a contraceptive effect.
- In some women, there may be a lack of desire to ovulate is caused by the Pill. It may be that the breast cancer risk is caused by the Pill. It may be that the women were examined more often, so that the breast cancer is noticed earlier.

4. CONTENTS OF THE PACK AND OTHER INFORMATION

The risk of breast cancer in women who take the Pill is seen as being linked to the length of time they have been taking the Pill. The risk is highest for women who start taking the Pill before the age of 30. In women who start taking the Pill before the age of 30, there would be 10 extra cases in this age group.

- In 10 000 women who take the Pill for up to 5 years but stop taking it by the age of 20, there would be 1 extra case of breast cancer found up to 5 years after stopping, in addition to the 4 cases normally diagnosed in this age group.
- In 10 000 women who take the Pill for up to 5 years but stop taking it by the age of 30, there would be 3 extra cases in addition to the 4 cases normally diagnosed.
- In 10 000 women who take the Pill for up to 5 years but stop taking it by the age of 40, there would be 2 extra cases in addition to the 4 cases normally diagnosed.

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

Breast cancer has been found slightly more often in women who have taken the Pill than in women of the same age who do not take the Pill. If women stop taking the Pill, the risk gradually decreases, so that 10 years after stopping the Pill the risk is the same as for women who have never taken the Pill. Cerelle does not reduce the risk of breast cancer in women who have had breast cancer.

It is important to check your breasts regularly and contact your doctor or nurse if any changes are noticed.

- Certain bacterial infections (e.g. clarithromycin, azithromycin, trimethoprim, tetracyclines).
- Use of another medicine you need must be changed.
- If you are taking medicines or herbal products that might make Cerelle less effective, a barrier contraceptive method should be used in addition to the Pill. It can also happen if you change the time at which you take the Pill. If you have any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

- Use of other medicines and herbal products (see section "Other medicines and herbal products")
- You have suffered a miscarriage;
- You have a blood clot in a blood vessel, which may lead to obstruction of the blood flow (e.g. to the lungs (pulmonary embolism), to the heart (heart attack) or brain (stroke)).
- You suffer from epilepsy (see "Other medicines and herbal products").

5. HOW TO STORE CERELLE

- You have a blood clot in a blood vessel, which may lead to obstruction of the blood flow (e.g. to the lungs (pulmonary embolism), to the heart (heart attack) or brain (stroke)).
- You suffer from epilepsy (see "Other medicines and herbal products").

6. CONTENTS OF THE PACK AND OTHER INFORMATION

- You have suffered a miscarriage;
- You have a blood clot in a blood vessel, which may lead to obstruction of the blood flow (e.g. to the lungs (pulmonary embolism), to the heart (heart attack) or brain (stroke)).
- You suffer from epilepsy (see "Other medicines and herbal products").

7. OTHER MEDICATIONS

- You have suffered a miscarriage;
- You have a blood clot in a blood vessel, which may lead to obstruction of the blood flow (e.g. to the lungs (pulmonary embolism), to the heart (heart attack) or brain (stroke)).
- You suffer from epilepsy (see "Other medicines and herbal products").

8. TREATMENT OF THE PAIN

- You have suffered a miscarriage;
- You have a blood clot in a blood vessel, which may lead to obstruction of the blood flow (e.g. to the lungs (pulmonary embolism), to the heart (heart attack) or brain (stroke)).
- You suffer from epilepsy (see "Other medicines and herbal products").

9. ADDITIONAL INFORMATION

- You have suffered a miscarriage;
- You have a blood clot in a blood vessel, which may lead to obstruction of the blood flow (e.g. to the lungs (pulmonary embolism), to the heart (heart attack) or brain (stroke)).
- You suffer from epilepsy (see "Other medicines and herbal products").
Contact your doctor as soon as possible if:
- you have severe pain or bleeding in any of your legs, unexplained pain in the chest, breathlessness, an unusual cough, especially when you lie down (possibly indicating a thrombus); you have sudden, severe pain in the testicles or abdomen (you may notice yellowing of the skin, the whites of the eyes, or dark urine, possibly indicating liver failure); you have a bump in your breast (possibly indicating breast cancer); you have had a severe diarrhoea, you have a sudden or severe pain in the lower abdomen, or a distended lower stomach area (possibly indicating an ectopic pregnancy); this pregnancy is outside the womb.
- you are in an accident or are to have surgery (especially not less than 2 weeks before); you have unusual, heavy vaginal bleeding.
- you suspect that you are pregnant.

3. HOW TO TAKE CERELLE
Always take the medicine exactly as your doctor has told you. Check the label on the bottle of tablets to see if the name of the medicine is the same as the one you are using. Each strip of Cerelle contains 28 tablets. Arrows and the days of the week are marked on the top row. These can help you to take your pill correctly. Take your tablet daily at about the same time each day. Swallow each tablet whole with water. Do not break or cut the tablets. Take a new tablet from the top row. Do not start with just any tablet. For example, if you have missed your tablet on the previous day, do not start with the tablet on the top row marked “Wed.”

If you start taking Cerelle:
If you are not using another contraceptive at present (or at the past week) and you have not had sex recently, you can start taking Cerelle on the next day – without interruption and without waiting for a bleeding. Your doctor will advise you.
After a miscarriage or an abortion.
Start using Cerelle when your next injection is due or on the same day. You can start using Cerelle right after you have given birth. If you are more than 12 hours late in taking any tablet, you may need to take the missed tablets as one strip at the usual time. This may mean taking two tablets on the same day.

If you miss taking a tablet:
If you forget to take one tablet, take it as soon as you remember, and take the next one at the usual time. The contraceptive action of Cerelle is maintained.
If you forget to take your vaginal ring or patch (this means no tablet-, ring- or patch-free break):
You can stop taking Cerelle whenever you want. From the day you stop you are no longer protected against pregnancy. You can stop taking Cerelle on the next day – without interruption and without waiting for a bleeding.

4. POSSIBLE SIDE EFFECTS
Like all medicines, this medicine can cause side effects although not everybody gets them. If you think you have experienced any side effect with this medicine, please report this to your doctor or pharmacist. They may be able to help you.
4.1 Possible side effects
After having a baby.
You may have some bleeding during the use of Cerelle (see section 3.9). This bleeding is not a sign that the contraceptive protection of Cerelle is therefore lost. You may not need to take any action in order to continue to take Cerelle. If heavy bleeding or heart problems is your doctor so as soon as possible.

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