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

- Keep this leaflet. You may need to read it again.
- Always keep it with your medicine.

You should not use Rigevidon if you have any of the conditions listed below. If you do have any of the conditions listed below, please talk to your doctor before you start using Rigevidon.

1. WHAT RIGEVIDON IS AND WHAT IT IS USED FOR

Rigevidon is a combined oral contraceptive containing ethinylestradiol and levonorgestrel in a low dose. This medicine is prescribed for women who want to avoid getting pregnant. It contains no natural hormones and cannot protect against sexually transmitted infections such as AIDS. You should use a condom or another barrier method when you have sex to protect against sexually transmitted infections.

2. BEFORE YOU BEGIN TAKING RIGEVIDON

Before you start using Rigevidon you should read the information on this leaflet. It is particularly important to read the symptoms of a blood clot – see section 3 "Blood clots".

Before you begin taking Rigevidon, your doctor will ask you some questions about your personal health history and that of your close relatives. The doctor will also measure your blood pressure and, depending upon your personal situation, may also order other tests.

In the usual circumstances situations are described where you should stop using Rigevidon, or where the reliability of Rigevidon may be reduced. In this section you will find a list of these situations. Remember: combined oral contraceptive pills like Rigevidon will not protect you against sexually transmitted diseases (such as AIDS). Only condoms can help to do this.

3. WHAT YOU NEED TO KNOW BEFORE YOU TAKE RIGEVIDON

Your doctor will have asked you some questions about your personal health history and that of your close relatives. The doctor will also measure your blood pressure and, depending upon your personal situation, may also order other tests.

4. POSSIBLE SIDE EFFECTS

What can happen if a blood clot forms in an artery?

- If a blood clot forms in an artery of the heart it may affect its ability to pump blood and can cause chest pain or a heart attack. People who may be at risk of a heart attack include:
  - People who have had a heart attack or stroke.
  - People with risk factors for heart attack or stroke (e.g. smoking, diabetes, high cholesterol).
  - People with a family history of early heart disease.

What are you possibly suffering from?

- When should you contact your doctor?

- Stop the medicine and contact your doctor if you have any of the following symptoms:
  - Severe, sudden, extreme chest pain that is not explainable by any other condition.
  - Chest pain or discomfort that lasts more than a few minutes.
  - Sudden, severe or prolonged headache with no known cause.
  - Sudden, severe or sustained nausea, vomiting or diarrhoea.
  - Sudden, severe or sustained shortness of breath.
  - Sudden, severe or sustained dizziness.

- Make sure your GP or nurse is aware of the possible symptoms of a blood clot. They will advise you on the next steps you need to take.

- If you have symptoms of a blood clot, you should contact your doctor immediately.

- Do not use Rigevidon if:
  - You have any of the following symptoms:
    - Severe, sudden, extreme chest pain that is not explainable by any other condition.
    - Chest pain or discomfort that lasts more than a few minutes.
    - Sudden, severe or sustained shortness of breath.
    - Sudden, severe or sustained dizziness.

- If you have symptoms of a blood clot, you should contact your doctor immediately.

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- If you have symptoms of a blood clot, you should contact your doctor immediately.
If you have more than one of these conditions or if any of them particularly concern you, risk of developing a blood clot may be increased.

If any of these adverse conditions change while you are taking Rigevidon, for example you start snoring, a family member or close friend notice you stop breathing, you should not use it. If you get up, go to your doctor, tell your doctor.

The pill and cancer

An increased risk of certain cancers has been recorded in users of the pill. If you are taking Rigevidon, you should not use any other contraception. If you take the pill, the risk of developing cancer may increase. However, the benefit of using the pill (the risk of unintended pregnancy) far outweighs the risk of developing cancer.

Breast cancer has been found slightly more often in women using the pill than in women of the same age who do not take the pill. Women who may have a slightly increased risk of breast cancer are in the first 3 years of taking the pill, and in those women who have taken the pill for more than 5 years. If you have had breast cancer or if you have a family history of breast cancer, you should talk to your doctor before you start using the pill.

In the pill and pregnancy

If you have already had a baby or experienced a miscarriage, you can start using the pill immediately after delivery or abortion.

If you have had a delivery or abortion during the second three months of pregnancy, your pregnancy doctor will advise you about starting the pill.

The duration of treatment is not limited, but regular checks are recommended.

If you take more than one Rigevidon

If you take Rigevidon for a long time, you may develop liver enzymes that are the same as in people whose liver has never taken the pill is not certain whether the pill may cause such increased risk in the receiving. However, it is not as yet, the pill may have contraceptive protection for 7 days.

What to do if you miss the pill for the first week

You should take your Rigevidon as soon as you can. However, even if you have taken it 1-3 days late, there is no need for extra contraceptive precautions.

If you have taken Rigevidon correctly, you will always start each new strip on the same day of the week, and you will always have your monthly period on the same day of the month. If you want to shift your period, talk to your doctor or pharmacist.

Starting the first pack

You cannot start your Rigevidon before the next day. If you do not take the Rigevidon on the day when the bleeding starts, take the pill marked for the day of the week you wish to start. You should then continue to the next pack immediately after taking the last tablet in the current pack, i.e. without a tablet-free interval between the packs. Withdrawal bleeding may occur between the first and second packs, and you may have breakthrough bleeding or spotting during the first week.

What to do if you have a stomach upset

If you have had an injection or implant of the hormone progestogen, you can start taking Rigevidon on the day that your next period is due or 9 days after your previous period. However, it is not necessary to take the pill before the next day.

If you miss your period, talk to your doctor or pharmacist immediately. You are only allowed to continue using the pill after a pregnancy test and you tell your doctor.

What to do if you miss or forget to take the pill

You do not need to use any other form of contraception during the seven-day break provided you have taken the 21 pills in the current pack, and you have not had a stomach upset, or used other medicines, then you are very unlikely to become pregnant. You should also discontinue the first 3 months after starting Rigevidon.

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

- Inflammatory bowel disease (Crohn’s Disease, ulcerative colitis)
- Arthritis, arthrosis (etoricoxib)
- Epilepsy (e.g. primidone, phenytoin, barbiturates, carbamazepine, oxcarbazepine)
- Intolerances (e.g. lactic acid)

If you have taken more than one pill, you should only take further contraceptive precautions if you start using the pill after 12 hours.

If you take more than one Rigevidon

If you take Rigevidon correctly, you will always start each new strip on the same day of the week, and you will always have your monthly period on the same day of the month.

The pill is used for prevention of unintended pregnancy. If you do not take Rigevidon for 7 days, the contraceptive protection is not effective. To get the pill ready for your next period, you should take the pill on the day after the previous pack is finished with your previous contraceptive protection (or equivalent precautions) during the first 7 days of your period.

If you have a delivery or abortion during the second three months of pregnancy, your doctor will advise you about stopping the pill.

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If you have already had a break through bleeding or spotting while taking Rigevidon, especially during the first few months. Normally, it’s bleeding is light to heavy. If you experience it for only 1-2 days, you may need to use any other form of contraception during the seven-day break provided you have taken the 21 pills properly and you start the next pack immediately after taking the last tablet in the current pack.

If you take more than one Rigevidon

If you take Rigevidon correctly, you will always start each new strip on the same day of the week, and you will always have your monthly period on the same day of the month.

If you take the pill, the risk of developing cancer may increase. However, the benefit of using the pill (the risk of unintended pregnancy) far outweighs the risk of developing cancer.

If you take Rigevidon correctly, you will always have your monthly period on the same day of the month. If you want to shift your pregnancy, you should talk to your doctor or pharmacist.

If you have missed more than one pill, you should only take further contraceptive precautions if you start using the pill after 12 hours.

If you have had a delivery or abortion during the second three months of pregnancy, your doctor will advise you about stopping the pill.

If you have your period correctly, you will always have your monthly period on the same day of the month. If you want to shift your pregnancy, you should talk to your doctor or pharmacist.

If you have had an injection or implant of the hormone progestogen, you can start to take Rigevidon on the day that your next period is due or 9 days after your previous period. However, it is not necessary to take the pill before the next day.

If you have more than one of these symptoms, you should talk to your doctor who can tell you what, if anything, you need to do.

If you have more than one of these conditions or if any of them particularly concern you, risk of developing a blood clot may be increased. If you have had a delivery or abortion during the second three months of pregnancy, your doctor will advise you about stopping the pill.

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