1. WHAT IS TRIREGOL AND WHAT IS IT USED FOR

TriRegol is a combined contraceptive, consisting of a pug of mucus of oral use referred to as the B. Pill. The B Pill provides a reliable, reversible method of contraception. TriRegol contains two hormones known as estrogen and progestogen, and a small amount of the hormone cyproterone acetate, which results in changes taking place in your body that prevent you from becoming pregnant.

These hormones stop the egg from maturing and releasing from the ovary, so that fertilization can’t take place. They also make the lining of the womb thinner, so that if fertilization does take place, the fertilized egg cannot develop.

• Easy to take (see section "How to take TriRegol").
• No injection, implant or condom required.
• No visible side effects.
• No need to collect or use a prescription.
• No risk of pill failure (see section "How to take TriRegol").

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE TRIREGOL

Do not take TriRegol if:

- you have an allergy to any ingredients of this medicine (listed in section 6).
- you have an acute or chronic disease (not related to your contraceptive) or illness.
- you have taken any other contraceptive before.
• you have ever had a heart attack or stroke (see section "Warning and precautions").

If you are not sure whether you should take TriRegol, do not take any more pills and contact your doctor immediately. In the meantime, use another method of contraception such as a cap or oral contraceptive.

Warning and precautions:

Talk to your doctor or pharmacist before taking TriRegol.

Regular check-ups

Every 3 months, your doctor will ensure that you are taking your medicine correctly and you are not developing any unusual side effects. This check-up is your chance to speak to your doctor about your contraceptive needs. Your doctor will ask you if you have taken your medicine correctly and any unusual symptoms you may have noticed. Your doctor will also advise you about your contraceptive needs for the future. If you are not taking your medicine correctly, your symptoms may not go away completely.

If you miss a pill:

You must take your missed pill as soon as you remember. You must then continue to take your medicine as normal.

If you are not sure how many missed pills you have taken:

You must take your missed pill as soon as you remember. You must then continue to take your medicine as normal.

If you are not sure if you have taken your medicine correctly:

You must take your missed pill as soon as you remember. You must then continue to take your medicine as normal.

If you feel ill or worse:

You must take your missed pill as soon as you remember. You must then continue to take your medicine as normal.

If you are pregnant:

You must take your missed pill as soon as you remember. You must then continue to take your medicine as normal.

If you are allergic to any ingredients of this medicine:

You must take your missed pill as soon as you remember. You must then continue to take your medicine as normal.

If you are taking any other medicines:

You must take your missed pill as soon as you remember. You must then continue to take your medicine as normal.

If you are taking any other contraceptive measures:

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Changing to TriRegol from another combined hormonal contraceptive (combined pill, vaginal ring, transdermal patch)

Your current contraceptive pill (or another contraceptive method such as injection or implant) should be used for at least 7 consecutive days before you start taking TriRegol and you should not be pregnant. You should therefore start taking TriRegol at the same time each day up to the 7th day of your current cycle. You should continue taking TriRegol throughout your menstrual cycle

Changing to TriRegol from a contraceptive injection or implant

If you have decided to withdraw from hormone replacement therapy (HRT) after 3 months or longer of treatment and would like to start taking TriRegol, you should start taking TriRegol on the 1st day of your menstrual period. This should be done even if you are not sure whether you are pregnant at that time. You should therefore start taking TriRegol at the same time each day up to the 7th day of your current cycle. You should continue taking TriRegol throughout your menstrual cycle.

Changing to TriRegol from another combined hormonal contraceptive (combined pill, vaginal ring, transdermal patch)

If you have decided to discontinue another combined hormonal contraceptive (such as an oral contraceptive pill, vaginal ring, transdermal patch, or injection), you should start taking TriRegol on the 1st day of your menstrual period. This should be done even if you are not sure whether you are pregnant at that time. You should therefore start taking TriRegol at the same time each day up to the 7th day of your current cycle. You should continue taking TriRegol throughout your menstrual cycle.

If you have used another combined hormonal contraceptive (such as an oral contraceptive pill, vaginal ring, transdermal patch) in the same cycle, you should start taking TriRegol on the 1st day of your menstrual period. This should be done even if you are not sure whether you are pregnant at that time. You should therefore start taking TriRegol at the same time each day up to the 7th day of your current cycle. You should continue taking TriRegol throughout your menstrual cycle.

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