



After having a baby*

Desirett[®]

desogestrel 75 µg **28 tablets**

*) SPC

User guide

Desirett®

Desirett® is a so-called gestagenic contraceptive pill or mini-pill used to prevent pregnancy. The active substance is gestagenic desogestrel (75 µg). Unlike combined contraceptive pills, **Desirett®** does not contain estrogen, and therefore its also suitable:

- for women, who either cannot or would prefer not to take estrogen
- after having a baby and/or breast-feeding women

A potential side effect of **Desirett®** contraceptive use is irregular bleeding. Periods may also stop completely.



Before you start

Read carefully this text and the package leaflet, before starting to use the product. If you have any questions, please get in touch with a public health care professional.

The **Desirett®** package contains blister sheets (1, 3 or 6), each of which contains 28 film-coated tablets.



After having a baby

You can begin to take **Desirett**[®] 21 to 28 days after having a baby. If you begin later than day 28 you should use extra protection (e.g. a condom) during the first 7 days of taking your pills.

If you have had intercourse, you should make sure you are not pregnant before taking **Desirett**[®].

Desirett[®] and breastfeeding

Desirett[®] tablets can be used during breastfeeding. Traces of the active substance used in **Desirett**[®] are absorbed in the breast milk. However, the use of **Desirett**[®] during lactation has no effect on the amount and/or quality of the breast milk. The health of children of mothers who have taken **Desirett**[®] while breastfeeding, has been monitored for up to the age of 2,5 years. No adverse effects on the growth or development of these children have been observed.

How to start using **Desirett**[®]?

Use this drug precisely as it has been prescribed for you.

Each blister contains 28 pills. The days of the week and the arrows indicating the order in which the pills should be taken are marked on the strips. Each day has its own pill. The new **Desirett**[®] blister sheet always starts from the top row.

For example, if you start on Wednesday, take the pill from the top row where you see "KE" ("WED"). Take one pill daily until the sheet is empty. Always move in the direction of the arrows. When the blister sheet is empty, start a new **Desirett**[®] blister sheet the next day. There are no breaks in pill taking and no waiting for the onset of your period.

Take one **Desirett**[®] tablet at roughly the same time of the day.



Start with **Desirett**[®]

In the table, you will find instructions on starting and switching from another contraceptive method. You can start with **Desirett**[®] 21 to 28 days after delivery. If you start later, you must use extra protection (such as a condom) during the first 7 days of taking the tablets.

No previous hormonal contraception	Switching from another hormonal combined contraceptive pill	Switching from a contraceptive ring or contraceptive patch	Switching from a minipill (containing only progestin)	Switching from an implant, injection or hormonal IUD
Desirett [®] is started on the first day of the natural cycle (= first day of bleeding).	Desirett [®] is started on the day following the taking of the final tablet containing active ingredients of the earlier combined contraceptive pills.*	Desirett [®] is started on the same day as the contraceptive ring or contraceptive patch is removed.	Desirett [®] can be started at any time after tablets containing only progestin.	Desirett [®] is started on the day of removal of the implant or hormonal IUD or on the next planned injection day.
You can start using the tablets also during the 2nd-5th days of the cycle, but then you must use additional contraception (e.g., a condom) for the first 7 tablet days.	*if you are unsure what your contraceptive is, please get in touch with a public health care professional.			

Follow your public health care professional's instructions if you start using contraceptive pills after use of an emergency contraceptive pill, abortion or birth, or in connection with a "quick start".

Desirett[®] and bleeding

Bleeding may become irregular during the use of **Desirett**[®] pills. The bleeding may be spotting, or heavier bleeding that resembles a light period. Bleeding may also stop completely.

The irregular periods does not mean that the contraceptive safety of **Desirett**[®] pills is weakened. Usually no action is required and you can continue to use **Desirett**[®]. If the bleeding is heavy or lasts for a long time, or if you suspect that you are pregnant, please get in touch with a health care professional.



What else should you take into account

If you vomit or get severe diarrhoea within 3-4 hours of taking a **Desirett®** tablet, there is a risk that your body has not absorbed the active substance from the tablets. Your condition is then as it would be if you had forgotten to take a pill. If you vomit or get severe diarrhoea, you should take a new tablet from a different blister sheet as soon as possible.

If possible, take the new tablet within 12 hours of taking the original one. If that is not possible, or if 12 hours or more have passed, follow the instructions under “Did you forget a tablet?”.

Certain medicines and (traditional) plant-based natural remedies can weaken the effect of **Desirett®**. The health care professional can advise you about a possible need for additional birth control precautions (e.g. condoms), and in that case for how long you might need them.

Please note that **Desirett®** can also affect the active ingredients in other medicines, either by increasing or decreasing their effect.



Did you forget a tablet?

If the tablet is **less than 12 hours late**, contraceptive efficacy has not weakened. Take the forgotten tablet as soon as you remember, and take the next tablets at the usual time.

If the tablet is **more than 12 hours late**, contraceptive efficacy may have weakened. The more tablets that you forget, the higher the risk of contraceptive efficacy weakening.

You should take the forgotten tablet as soon as you remember to do so, and then the next tablet at the usual time. Use additional birth control as a precaution (e.g. condoms) during the following 7 days.

If you have missed one or more tablets during your first week of taking **Desirett®**, and have intercourse during that week, there is a risk of pregnancy. In this case, contact a health care professional.

Possible adverse effects

Like all contraceptive products, **Desirett**[®] can also cause adverse effects. Not everyone, however, experiences them. The most common adverse effects are bleeding disorders such as irregular or missed periods, nausea, breast tenderness, headache, mood swings, acne, decreased sexual desire and weight gain. If these adverse effects continue for long, please get in touch with a health care professional.

Risk of blood clots

Blood clots are rare and may occur regardless of the use of combined oral contraceptives. However, the risk is greater for those taking oral contraceptives than for those not using them. There is also a risk of a blood clot during pregnancy. The risk is expected to be lower with progestin-only contraceptives, such as **Desirett**[®], than with estrogen-containing contraceptives (combination pills).

Get in touch with the health care professional immediately if you notice one of the following symptoms:

- You experience acute pain or swelling in your leg, inexplicable chest pains, breathing difficulty or abnormal coughing (these can be signs of a blood clot)
- You detect a lump in your breast (a possible sign of breast cancer)
- You get sudden, acute stomach pain or a possible sign of jaundice (yellow tinting of the skin and eyes or dark urine, which can indicate liver problems)
- You get sudden, severe pain in your lower abdomen (a possible sign of ectopic (tubal) pregnancy)
- You are bed-ridden or are awaiting major surgery
- You experience unusual, heavy vaginal bleeding
- You suspect you might be pregnant
- You suspect you might be pregnant
- If you end up, e.g., being treated in hospital, remember to mention that you use a contraceptive pill.

If you are allergic to peanut or soya, do not use this medicine.

The package leaflet contains more information on possible adverse effects.

This brochure can be ordered from
nordics@exeltis.com or
www.exeltis.fi



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