

**A flexible long-cycle
contraceptive pill***

Diza[®]

ethinyl estradiol 0.02 mg/drospirenone 3 mg

120 tablets

User guide

What is Diza[®]?

You have been prescribed the combined contraceptive pill **Diza[®]**, approved for flexible long-cycle contraception, i.e., to be taken for as long as 120 days without a break. Mandatory phase (days 1–24) 24 tablets, flexible phase (days 25–120) 96 tablets. The active ingredients are estrogen (ethinyl estradiol 0.02 mg) and progesterone (drospirenone 3 mg).

This user guide contains useful and important information on the **Diza[®]** contraceptive pill. Carefully study this user guide, 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.

Diza[®] is a low-dose combined contraceptive pill that is also suitable for flexible long-cycle contraception.

*) Summary of product characteristics

The freedom to choose yourself...

Diza[®] contraceptive pills allow you to regulate your own rhythm of bleeding to suit you. Regulating the length of your own rhythm of bleeding can be necessary owing to travel or some other important event. Less frequent bleedings are also preferable if you experience profuse and/or painful bleeding or you suffer from unpleasant symptoms prior to bleeding (PMS). Prolonging the tablet phase does not have a negative effect on contraceptive efficacy and it is not associated with more adverse effects than with traditional use. By extending the contraceptive tablet period, you can schedule bleeding as you prefer. You decide when the time is right!



With **Diza**[®] oral contraceptives, it is easy to regulate the bleeding rhythm by continuing to take the tablets without a break, even up to all five blister sheets in a package

You thus have the option of up to 120 days free of bleeding.

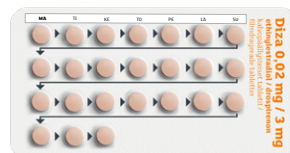
Extending your own rhythm of bleeding can be associated with harmless spotting that does not affect contraceptive efficacy. If spotting occurs disruptively (3 days in a row), the simplest thing is to have a four (4) day tablet-free period, in which case spotting usually stops with the bleeding starting during the break. Please note that a tablet-free period can be taken at the earliest after the mandatory phase (24 days). After each four (4) day tablet-free period, a new mandatory phase always begins (24 days).

Diza[®] package information

The **Diza[®]** package contains 5 blister sheets (5x24 film-coated tablets). Each **Diza[®]** package also contains weekday stickers with the seven days of the week printed on them. Select a sticker that starts from the day of the week when you begin taking the tablets. **If you begin, for example, on a Wednesday, use a sticker that starts from the “KE” labelling.** Attach the sticker to the top of the blister sheet. The day of the week is now above each tablet so that you can see whether you have taken the tablet matching each day.

To enable you to follow the instructions for using the **Diza[®]** contraceptive pill correctly, always start with a new blister sheet (24 tablets) when a mandatory phase begins after a four (4) day tablet-free break.

N.B. Do not forget to make a note of the starting date of your bleeding in your diary!



Valitse päivämäärätarra, joka alkaa viikonpäivästä, jona aloitit pillerien ottamisen. Aseta tarra läpipainopakkauksen sanojen "Kiinnitä päivämäärätarra tähän" päälle. Kunkin päivän kohdalla on rivi tabletteja. On tärkeää ottaa tabletti joka päivä. Jos unohdat ottaa tabletti, lue ohjeet pakkauselosteesta.

START

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TI	KE	TO	PE	LA	SU	MA
KE	TO	PE	LA	SU	MA	TI
TO	PE	LA	SU	MA	TI	KE
PE	LA	SU	MA	TI	KE	TO
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Tablet-free period

A tablet-free period should never last for longer than four (4) days and should only be started if the tablets have been taken without a break for at least 24 days immediately beforehand.

A rhythm of bleeding to suit you

MANDATORY PHASE
24 days



FLEXIBLE PHASE
up to 96 days



TABLET-FREE PHASE
only 4 days

Mandatory phase



When you start using the **Diza**[®] product, the tablets are to be taken without breaks for at least 24 consecutive days.

After the mandatory phase, you choose:

- whether to take a four-day (4) tablet-free period for withdrawal bleeding

OR

- whether to continue taking the tablets for up to 120 days

You choose when bleeding suits you best.

Flexible phase



After the mandatory phase, you can continue using the tablets without breaks until all 120 tablets have been used.

During the flexible phase, however, you have the option of taking a four-day (4) tablet-free period when it suits you best or if disruptive spotting occurs.

Each tablet-free period is followed by a new mandatory phase of at least 24 days.

Tablet-free phase

The four-day (4) tablet-free period should be taken no later than at the end of each package (120 days). A tablet-free period lasts four (4) days.

A tablet-free phase triggers with-drawal bleeding. If bleeding continues after four (4) days, start using **Diza**[®] nonetheless.

You can take a new tablet-free period only once the tablets have been taken without breaks for at least 24 days.

Starting or switching to Diza®

In the table, you will find instructions on starting and switching from another contraceptive method.

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
<p>Diza® is started on the first day of the natural cycle (= first day of bleeding).</p> <p>You can also 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.</p>	<p>Diza® is started on the day following the taking of the final tablet containing active ingredients of the earlier combined contraceptive pill but no later than the day following a break from or placebo period for the previous contraceptive.</p>	<p>Diza® is started on the same day as the contraceptive ring or contraceptive patch is removed, at the latest by the time a new contraceptive ring or patch should have been applied.</p>	<p>Diza® can be started at any time after tablets containing only progestin.</p>	<p>Diza® is started on the day of removal of the implant or hormonal IUD or on the next planned injection day.</p>
			<p>N.B. Use additional contraception (e.g., a condom) for the first 7 Diza® tablet days.</p>	

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".





Did you forget a tablet?

If the tablet is **less than 24 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 24 hours late**, contraceptive efficacy may have weakened. The more tablets that you forget, the higher the risk of contraceptive efficacy weakening.

Important! The possibility of pregnancy is greater the more tablets have been forgotten, and the closer to a tablet-free period the forgotten tablets are. If you forget two (2) tablets or more tablets during the first week of use, contact your doctor.

FORGETTING A TABLET IN THE MANDATORY PHASE (DAYS 1-24)

Take the forgotten tablet as soon as you remember, even if you might then have to take two tablets in one go. Take the next tablets at the usual time until at least 24 tablets (mandatory phase) have been used. Additional contraception, such as a condom, should be used in addition for seven days after forgetting.

If you have had intercourse during the seven days preceding forgetting a tablet, the possibility of pregnancy is to be taken into account.



FORGETTING A TABLET IN THE FLEXIBLE PHASE (DAYS 25-120)

Take the forgotten tablet as soon as you remember, even if you might then have to take two tablets in one go. Take the next tablets at the usual time until at least seven (7) tablets have been used on consecutive days. Additional contraception, such as a condom, should be used in addition for seven days after forgetting.

After a tablet forgotten in the flexible phase, the easiest thing is to take a tablet-free period in order to trigger withdrawal bleeding. In that case, the days when the tablet has been forgotten are counted as part of the four-day (4) tablet-free period. After the four-day (4) tablet-free period, a new round of **Diza**[®] tablets is started as usual.

If you have forgotten tablets and withdrawal bleeding does not occur after the tablet-free period, the possibility of pregnancy is to be taken into account.

What else should you take into account

If you vomit within 3-4 hours of taking a tablet or experience severe diarrhoea, the tablet's active ingredients are not necessarily absorbed properly into the body. The situation is almost the same as if you forgot to take the tablet. If you vomit or experience diarrhoea, take a new tablet from the standby blister sheet as soon as possible.

If possible, take a new tablet within 24 hours of when you usually take a tablet. If this is not possible, or already more than 24 hours have passed, follow the instructions given in "Did you forget a tablet?".

Possible adverse effects

Like all contraceptive products, **Diza[®]** can also cause adverse effects. Not everyone, however, experiences them. The most common adverse effects are mood fluctuations, headache, nausea, tender breasts, spotting and irregular bleeding. If these adverse effects continue for long, please get in touch with a physician or public health nurse.

Combination contraceptive products and the risk of a blood clot

The overall risk of a blood clot associated with use of combination contraceptive products is low, lower than during e.g. pregnancy. It is very important for you to be able to identify situations when the risk of a blood clot may be greater than usual,

and for you to be aware of the kinds of symptoms to pay attention to and what to do if symptoms possibly occur.

The risk of a blood clot is at its highest:

- during the first year of use or when use is resumed after a break of at least 4 weeks
- if you are very overweight
- if you are over 35 and smoke
- if a close relative of yours has had a blood clot at a relatively young age (e.g., under the age of 50)
- if you have given birth in recent weeks

Observe possible symptoms of a blood clot, especially if:

- you have just undergone surgery
- you have been bedridden for a long time
- you travel for long periods

Seek immediate medical attention from a doctor if you notice any of the following symptoms and remember to tell your doctor that you are taking Diza:

- intense pain or swelling in one leg
- sudden unexplained shortness of breath or more frequent breathing, intense chest pain or a sudden cough
- chest pain that is often sudden
- weakening or numbness in the face, upper or lower extremities (especially if it occurs on only one side of the body), difficulties with speaking or understanding, sudden confusion, sudden loss or blurring of vision, intense and more severe headache/migraine
- If you end up, e.g., being treated in hospital, remember to mention that you use a contraceptive pill

The package leaflet contains more information on possible adverse effects.

References:

Diza® summary of product characteristics

Diza® package leaflet



Use the Vnr number to get more information about the product at **www.exeltis.fi/products/diza** or scan the QR code with your phone's camera and enter the package Vnr number.

