



Contraceptive pill

Dizminelle[®]

ethinyl estradiol 0,02 mg/drospirenone 3 mg **24+4 tablets**

User guide

How to start using **Dizminelle**[®]?

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

Start taking the tablets on the first day of bleeding in your period from the “start” point on the package.

In order to maintain the correct order of tablets, the package contains a weekday sticker sheet for each **Dizminelle**[®] blister sheet, with the days of the week marked on each (Mon-Sun). Select the weekday sticker that begins from the day when you start taking the tablets. **If, for example, you start taking the tablets on Wednesday, select the weekday sticker with “WED” on the first day.**

Affix the suitable weekday sticker to the “start” point at the top of the blister sheet. Now the day of the week can be seen above each tablet, enabling

you to check whether you have taken the tablet on a particular day. Take the tablets in the order indicated by the arrow.

Take one **Dizminelle**[®] tablet at roughly the same time of the day with a small amount of water.

First take the 24 pink tablets on the sheet (24 days) in the direction indicated by the arrow and then take the 4 white placebos during the last 4 days. Then start immediately a new blister sheet (24 pink tablets and afterwards 4 white tablets).

When you have taken all the tablets on the blister sheet, continue directly with the next blister. Do not stop taking the pills.

Contraceptive efficacy starts as soon as the first tablet has been taken.

Bleeding should start during the 4 days when you take the white placebos. Contraceptive efficacy is also maintained during the white tablets.

When you have taken the final white tablet, start the next blister sheet directly, regardless of whether bleeding has stopped or not.

You can start using the tablets during the 2nd-5th days of the cycle, but then you must use in addition some other contraceptive method (for example, a condom) for the first 7 tablet days.



Postponing menstrual bleeding (withdrawal bleeding)

If you want to postpone your periods, do not take the white placebos on the fourth row of the sheet that you are using at all, but go straight to a new **Dizminelle**[®] blister sheet.

During use of the second blister sheet, spotting or breakthrough bleeding can occur. Use up this blister sheet by also taking the 4 white placebos in the fourth row. Then start the next blister sheet.

You should get in touch with the health care professional for advice before postponing your periods.

Start with **Dizminelle**[®]

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
Dizminelle [®] is started on the first day of the natural cycle (= first day of bleeding).	Dizminelle [®] is started on the day following the taking of the final tablet containing active ingredients of the earlier combined contraceptive pills.	Dizminelle [®] is started on the same day as the contraceptive ring or contraceptive patch is removed.	Dizminelle [®] can be started at any time after tablets containing only progestin.	Dizminelle [®] 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.			N.B. additional contraception (e.g., a condom) for the first 7 Dizminelle [®] tablet days.	

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 you forget to take one of the white placebos, it has no effect on the contraceptive efficacy of the **Dizminelle®** tablets. Dispose of the placebo that you have forgotten.

If you forget to take the pink tablet containing active ingredients (tablets 1-24 on the blister sheet), proceed as follows:

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.

The risk of contraceptive efficacy weakening is particularly high if you forget to take the pink tablet from the start or end of the blister sheet. For that reason, follow the following instructions:

If you have forgotten one tablet on days 1-7 (first row of tablets):

Take the forgotten tablet as soon as you remember, even though it might mean taking two tablets at the same time. Continue taking the tablets at the usual time and employ additional contraception, e.g., a condom, during the next 7 days. If you have had intercourse in the week preceding forgetting the tablet, you can be pregnant. In this case, get in touch with the health care professional.

If you have forgotten one tablet on days 8-14 (second row of tablets):

Take the forgotten tablet as soon as you remember, even though it might mean taking two tablets

at the same time. Continue taking the tablets at the usual time. Contraceptive efficacy is not weakened if the tablets have been taken according to instructions during the 7 days preceding forgetting the tablet. Additional contraception does not need to be used. If you have forgotten more than one tablet, you must use additional contraception for 7 days.

If you have forgotten one tablet on days 15-24 (third or fourth row of tablets):

Choose one of the following two options:

1. Take the forgotten tablet as soon as you remember, even if you might have to take two tablets in one go. Take the next tablets at the usual time. Do not take the white placebos on that blister sheet, but dispose of them and start a new blister sheet. This will change your starting day.

Bleeding will probably start only at the end of the second blister sheet, during use of the white

placebos. Spotting or breakthrough bleeding may occur during use of the second blister sheet.

2. Stop taking the pink tablets containing the active ingredients and start taking the 4 white placebos directly (before taking the placebos, make a note of the day when you forgot the tablet). If you want to start a new blister sheet always on the same day of the week, take the placebos for fewer than 4 days.

When you follow either of these two options, the product's contraceptive efficacy is maintained.

If you have forgotten to take the tablets and bleeding does not start during the placebos, you may be pregnant. Get in touch with the health care professional before you start the next blister sheet.

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 were to forget to take a 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, **Dizminelle®** can also cause adverse effects. Not everyone, however, experiences them. The most common adverse effects are mood fluctuations, headache, nausea and tender breasts. If these adverse effects continue for long, please get in touch with the health care professional.

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

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

- 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.

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



Exeltis Sverige AB | Strandvägen 7A | 114 56 Stockholm | [www.nordics@exeltis.com](mailto:nordics@exeltis.com) | www.exeltis.fi

