



Exeltis

Rethinking healthcare

Slinda<sup>®</sup>

drospirenone 4 mg 24+4 tabl.

Mini pill user guide – after childbirth



## Important information about the Slinda mini pill

**Slinda** is a mini pill (also known as the progestin pill) that is used to prevent pregnancy.

It contains a small amount of drospirenone, a hormone that acts as a luteinizing hormone, which is similar to the body's own sex hormone progesterone. The mini pill differs from the combined contraceptive pill in that it does not contain estrogen.

**Slinda** can also be used by women who

- cannot or would prefer not to take estrogen
- after childbirth and/or during breastfeeding

**Slinda** prevents pregnancy both by hindering ovulation and by affecting the lining of the womb so that it becomes thinner. The cervical mucus is also affected, becoming difficult for sperm to penetrate.

The use of **Slinda** may make bleeding more irregular. Bleeding may also be missed.

Read the package leaflet carefully before you start using **Slinda** mini pills. If you have any questions, contact your healthcare professional.

## After childbirth

You can start taking **Slinda** tablets 21–28 days after giving birth. If you start taking more than 28 days after childbirth, but before the onset of menstruation, you should make sure that you are not pregnant and also use some additional contraception (e. g. condom) for the next 7 days.

If you have had sexual intercourse, you must make sure you are not pregnant before you start using **Slinda**.

**Slinda** can also be used by breastfeeding mothers. Very small amounts of the active substance in **Slinda** are passed on to the baby in breast milk, but it is not expected to have any effect on breastfeeding newborns/babies being breastfed.

# How to start using Slinda

**Use this medicinal product exactly as it has been prescribed to you.**

**Slinda** is taken daily in the correct order and at approximately the same time.

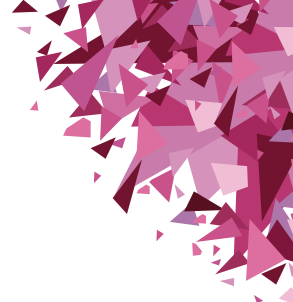
Each blister sheet contains 24 white pills containing the active substances and 4 green placebo pills which do not contain hormones. It is important that you take 1 white pill once a day for 24 days and thereafter 1 green placebo pill once a day for 4 days.

To make it easier to take the pills, the pack contains seven self-adhesive weekday stickers. Choose the weekday sticker that begins with the day you start taking the pills (for example, if you start on a Wednesday, use the weekday sticker

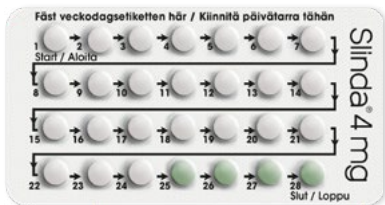
starting with "**Ons/Ke**"). Attach the weekday sticker to the blister sheet where it reads "**Attach the weekday sticker here**" so that the first weekday you take **Slinda** is marked with "**START**". Now there is a day of the week above each pill, which allows you to check whether you have taken a pill every day.

Take all the pills in the direction indicated by the arrows on the blister. Do not mix the pills.

When one blister sheet is finished, continue directly to the next blister sheet. **There is no break between blister sheets.**



**Slinda** is taken daily in the correct order and at approximately the same time.



First take 24 white active pills and then 4 green hormone-free pills.

Choose a day label that starts on the day you start taking the pills. Attach the sticker to the space on the blister sheet where it says "Attach the day label here". Each day will fall on a row of pills. It is important to take a pill every day. If you forget to take a pill, read the package leaflet for instructions.

**START/ALOITUS ▼**

|                |         |         |         |         |         |         |
|----------------|---------|---------|---------|---------|---------|---------|
| <b>Män/Ma</b>  | Tis/Ti  | Ons/Ke  | Tors/To | Fre/Pe  | Lör/La  | Sön/Su  |
| <b>Tis/Ti</b>  | Ons/Ke  | Tors/To | Fre/Pe  | Lör/La  | Sön/Su  | Män/Ma  |
| <b>Ons/Ke</b>  | Tors/To | Fre/Pe  | Lör/La  | Sön/Su  | Män/Ma  | Tis/Ti  |
| <b>Tors/To</b> | Fre/Pe  | Lör/La  | Sön/Su  | Män/Ma  | Tis/Ti  | Ons/Ke  |
| <b>Fre/Pe</b>  | Lör/La  | Sön/Su  | Män/Ma  | Tis/Ti  | Ons/Ke  | Tors/To |
| <b>Lör/La</b>  | Sön/Su  | Män/Ma  | Tis/Ti  | Ons/Ke  | Tors/To | Fre/Pe  |
| <b>Sön/Su</b>  | Män/Ma  | Tis/Ti  | Ons/Ke  | Tors/To | Fre/Pe  | Lör/La  |

SHIMM-01

The package contains seven self-adhesive stickers for each day of the week.

# Starting or switching to Slinda contraception

Please note that you can start using **Slinda** pills 21–28 days after childbirth. If you start later, you must use extra contraception for the following 7 days.

| No hormonal contraception during the previous month  | Switching from a combined contraceptive pill <sup>1</sup>  | Switching from a contraceptive ring <sup>1</sup> or a contraceptive patch <sup>1</sup>                            | Switching from mini pill <sup>2</sup>   | Switching from a contraceptive injection, contraceptive implant or hormonal IUD  |
|--|--|---|---|--|
| <p><b>Slinda</b> is started on the first day of the natural cycle (=the first day of bleeding)</p> | <p>Start the use of <b>Slinda</b> after you have taken the last active pill of your previously used combined contraceptive pill.</p>   | <p>Start using <b>Slinda</b> on the same day as the contraceptive ring or the contraceptive patch is removed.</p> | <p>You can stop using the mini pill at any time and start using <b>Slinda</b> the next day.</p> | <p>Start using <b>Slinda</b> on the day of the removal of the contraceptive implant or hormonal IUD or on the next scheduled day of a contraceptive injection.</p> |
|  | <p>You can also start using <b>Slinda</b> no later than the day after the normal break in pills, a contraceptive ring or a contraceptive patch, or the day after the previous placebo period of your contraceptive. In this case, use additional contraception (e.g. condom) for the first 7 days of <b>Slinda</b> use.</p> <p>1) contains two types of hormones: estrogen and progestin</p> | <p>2) contains only progestin</p>   |   |  |

Follow the instructions of your healthcare professional if you start to take contraceptive pills, after use of an emergency contraceptive pill, abortion or childbirth, or in connection with a 'quick start'.

## What else do I need to consider?

If you vomit or get severe diarrhoea within 3–4 hours of taking an active **Slinda** tablet, you should take a new active (white) tablet from a different blister sheet as soon as possible. If possible, take the new tablet **within 24 hours** of taking the original one. No other precautions are necessary. If that is not possible, or if **24 hours or more** have passed, follow the instructions under “Did you forget a tablet?”

Tell your healthcare professional if you are currently taking, you have recently taken or you may be taking other medicines. They will tell you if you need to use extra contraception (such as a condom) and for how long additional prevention is needed.

Also note that **Slinda** can affect the active ingredients in certain other medicines either by weakening or strengthening their effect.

See the package leaflet for more information.

# Did you forget to take a pill?

If you forget to take a tablet, you should take the forgotten tablet as soon as you remember to do so, and then the next tablet at the usual time, even if it means that you take two tablets at the same time. If you are delayed by **more than 24 hours** to take one white active tablet, take the forgotten tablet as soon as you remember, even if it means taking two tablets at the same time, and use additional contraception (for example, a condom) for the next 7 days. Then continue taking the tablets at the usual time.

The more consecutive pills you have forgotten, the greater the risk of reduced protection from pregnancy.

**If you miss a pill during the first week of starting the pills** and you have inter-

course that week, you may have become pregnant. In this case contact a healthcare professional.

**If you forget to take a pill between days 15–24** (third or fourth row), you should take the forgotten pill as soon as you remember even if that means you take two pills at the same time. Continue taking the white pills at the usual time. Do not take green placebo pills, but throw them away and start the next blister sheet. When you skip the placebo pills, you are still protected against pregnancy.

The last four green pills on the blister sheet are placebo pills. If you forget to take one of these pills protection against pregnancy will not be reduced. Throw away the forgotten placebo pill.



# Possible side effects

Like all contraceptives, **Slinda** can cause side effects. Not everyone, however, gets them. The most common side effects are headache, nausea, abdominal pain, change in sexual desire, mood changes, acne, discomfort in the breasts, menstruation pain, and weight gain.

You may also experience irregular bleeding or bleeding may be completely absent. The absence or irregularity of bleeding does not imply a decrease in the effectiveness of **Slinda**. If you have severe/prolonged bleeding or if the side effects persist for a long time, talk to your healthcare professional.

## **RISK OF BLOOD CLOTS**

The occurrence of blood clots is unusual and you can get a blood clot even if you don't use birth control pills. However, the risk is higher for people taking contraceptive pills. A blood clot can also occur during pregnancy.

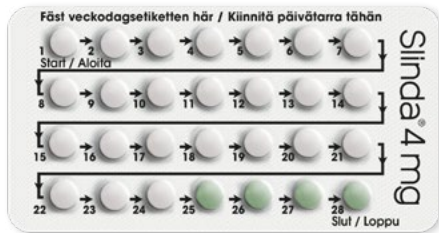
**Read more about possible side effects in the package leaflet.**

# Contact a healthcare professional immediately if:

- you have symptoms of a blood clot. Signs may include severe pain or swelling of the leg, unexplained chest pain, shortness of breath or abnormal coughing
- you feel a lump in your breast (which may be a sign of breast cancer)
- you have sudden, severe stomach pains or your skin starts to turn yellow (which may be a sign of liver problems)
- you have sudden or severe pain in your lower abdomen (which may be a sign of an ectopic pregnancy)
- you have been bedridden for a long time or are awaiting major surgery
- you experience unusual, heavy vaginal bleeding
- you suspect you are pregnant
- if you have to be hospitalized, for example, remember to tell the healthcare professional that you are using **Slinda** mini pills.

Avoid consuming grapefruit and grapefruit juice when taking **Slinda**.

Read more about possible side effects in the package leaflet.



The **Slinda** package contains 1 or 3 blister sheets each containing 28 film-coated tablets.



### References:

*Slinda-summary of product characteristics*

*Slinda-package leaflet*



Use the Vnr number to get more information about the product at [www.exeltis.fi/products/slinda](http://www.exeltis.fi/products/slinda) or scan the QR code with your phone's camera and enter the package Vnr number.

