

Information about your Contraceptive Pill

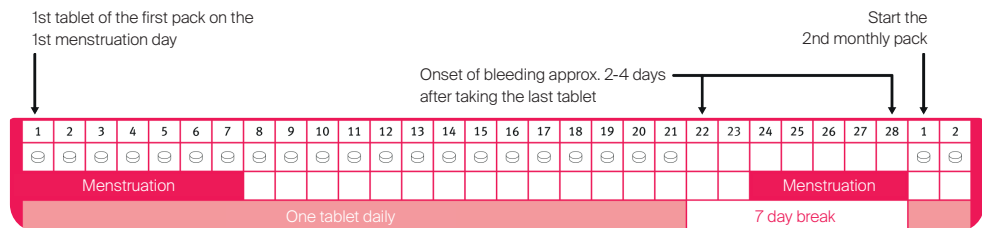
Dear patient,

Your doctor has prescribed you a contraceptive made by Hormosan.

The pill is suitable for almost all women and, if taken regularly, it is one of the safest methods of contraception. Micropills are made up of an oestrogen, usually ethinylestradiol, and a progestogen hormone. The contraceptive effect of combined oral contraceptives (COCs) is based on the interaction of various factors. The most important of these factors are inhibition of ovulation and changes in cervical mucus.

MICROPILLS:

Taking the pill properly: Once daily, for 21 consecutive days, followed by a 7-day pill break during which menstruation occurs. To avoid forgetting to take the pill, it should always be taken at the same time of day if possible.



Safety window:

If you forget to take the pill, you can still take it up to 12 hours later.

If forgotten longer

1st week of cycle: additional contraceptive methods during the next 7 days of use.

than 12 hours:

2nd week of cycle: Contraceptive protection continues as long as the 7 pills have been taken correctly beforehand.

3rd week of cycle: Bring forward or delay the intake break.

If the time of intake has been exceeded by more than 12 hours, conception protection is no longer fully guaranteed.

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What to watch out for if you experience diarrhoea and vomiting:

If diarrhoea or vomiting occurs within 4 hours of taking the pill, it is possible that the body has not yet been able to absorb it. If this happens, you should take another pill. If you experience diarrhoea or vomiting 4 hours after taking the pill, you will still be protected.

If the vomiting and diarrhoea last longer, you must assume that your pill is no longer effective in this cycle. Make sure to use additional contraception with condoms on the remaining days. So that you do not unnecessarily upset your hormone balance, you should still continue to take the pills from the pack you have started as usual.

How do I take the pill when travelling with a time difference?

An adjustment is only necessary if the local time in the holiday country differs from German time by more than 12 hours (pill or mini-pill with Desogestrel):

In this case, take an additional tablet (from the reserve pack) 12 hours after the last dose – or at the latest when you arrive at your holiday destination. In a way, this is acting as an "in-between pill". The next time you take a pill after this should be 12 hours later. You can then continue in the usual 24-hour pattern.

When you return from your holiday, you can continue to take the pill at the usual time, as a shortened rhythm has no effect on the protection against conception.

Risk of thrombosis/prophylaxis when travelling

In principle, the risk of developing thrombosis is low in young and healthy women who use hormonal contraception. However, the risk increases with age. If you also have underlying diseases, there is an increased risk of disease. In particular, diseases that put a strain on the venous system, such as obesity, high blood pressure or diabetes, indicate an increased risk when taking pills at the same time. Smoking is also a risk factor. If you belong to this risk group, consult your doctor.

For long journeys where you are mostly sitting down (car, flight, etc.), it makes sense to take prophylactic measures. Regular breaks or standing up occasionally can help here. Also make sure you drink enough fluids and avoid alcohol.

Sources:

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