

# Information about your Contraceptive Pill

Dear patient,

Your doctor has prescribed you **Feanolla®** made by HORMOSAN.

It is an oestrogen-free monopreparation consisting of only one progestogen hormone, desogestrel. This progestin can suppress the release of the hormone gonadotropin and therefore prevent ovulation. At the same time, desogestrel causes the cervical mucus to thicken so that sperm cannot penetrate. This means that this oestrogen-free pill is just as reliable as combined pills.<sup>1</sup>

**Feanolla®** is especially recommended for breastfeeding women and women with cardiovascular risk factors such as smoking, diabetes, high blood pressure, obesity, etc.<sup>2</sup>

**Feanolla®** also well suited for women who experience worsening migraines under the influence of combined oral contraceptives.<sup>3</sup>

Another advantage of the mini-pill is that oestrogen-related side effects such as water retention or headaches do not occur.

**MINIPILLS:**

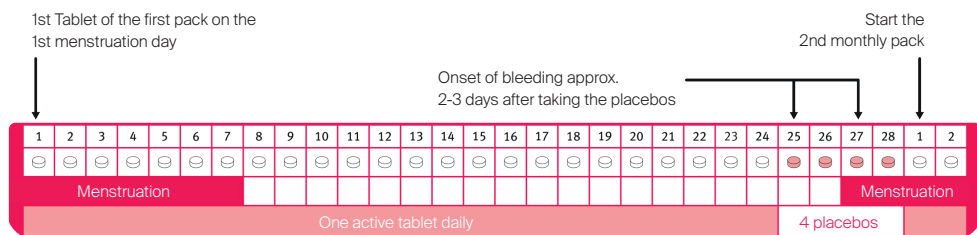


**Composition:**

Oestrogen-free monopreparations consist of only one progestogen, e.g. desogestrel.

**Taking the pill properly:**

Once daily at the same time, without breaks. The 1st tablet is to be taken on the 1st day of menstruation. When all the tablets in a blister pack are used up, the 1st tablet of a new blister pack is to be started immediately the next day.



**Safety window:**

In the case of desogestrel minipills, reliability reduces 12 hours after the missed dose.<sup>1</sup>

**If forgotten longer than 12 hours:**

The forgotten pill should be taken immediately and the next pill taken at the usual time. Additional contraception until the next cycle is recommended, as safe protection against conception is no longer guaranteed.

1 Technical information Feanolla®, as of 06/2021

2 Source: World Health Organization, Medical eligibility criteria for contraceptive use - 4th edition, 2009

3 Gendolla A. „Femininer Kopfschmerz“ in Matthias Keidel (Hrsg.) Kopfschmerz-Management in der Praxis, Thieme Verlag 2006

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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. In this case, another tablet should be taken immediately and the next tablet taken at the usual time. 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:

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

Epidemiological studies have linked the use of combined pills to an increased incidence of venous thromboembolism (VTE, deep venous thrombosis and pulmonary embolism). The clinical significance of these results is not known for desogestrel as a contraceptive in the absence of oestrogen components. Nevertheless, if a thrombosis occurs, you should stop taking **Feanolla®** immediately.

#### Source:

Feanolla Technical Information®, as of June 2021