

Information about Amorest 28

Amorest 28 (ethinyl estradiol/norgestimate) is a low-dose combined oral contraceptive pill which prevents you from becoming pregnant, provided you use it in the correct way. It is a so-called combined contraceptive pill, which means that it contains two types of hormone, estrogen (ethinyl estradiol) and gestagen (norgestimate). Before you begin using Amorest 28 you should read this information leaflet carefully, and if you have any other questions speak to your midwife or your gynaecologist. For additional information, please read the package leaflet in the pack.

Your normal menstrual cycle

In order to understand how Amorest 28 works it is also important that you know how your normal menstrual cycle works.

Once a month an egg is released from one of your ovaries. The endometrium prepares itself to receive the egg by filling with blood and becoming stronger in order for the egg, if fertilized, to get the nourishment it needs to grow into a foetus. If this is the case then no bleeding occurs. However, if the egg is not fertilized it will break off and be shed along with the newly formed endometrium after 14 days. The bleeding which occurs is called a period. A normal period lasts between 3–8 days. The entire menstrual cycle, from the beginning of the bleeding to the next bleeding period, is usually 28 days but varies among women from 21 up to 35 days.

How Amorest 28 works

There are several different factors which combine in Amorest 28 to prevent pregnancy;

- Ovulation does not take place.
- The endometrium remains thin and does not fill with blood, which means that an egg is not able to attach.
- The secretion in the cervix becomes thick and difficult for sperm to penetrate.

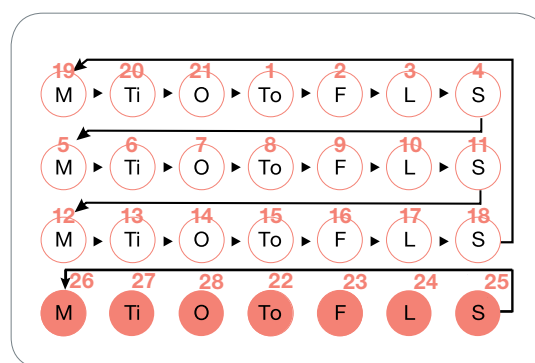
Each blister pack contains 28 pills. The first 21 blue pills (rows 1–3) contain hormones, while the following 7 light green pills (row 4) are hormone-free. This means that you take a pill every day at roughly the same time without a break.

How to use Amorest 28

First treatment month

You should take the first blue pill on the first day of your period. If you follow this advice you will be protected against pregnancy from the very first day, because you are starting with the pills which contain hormones.

It is important that you take the 21 blue pills first, and then take the light green hormone-free pills for 7 days. Follow the direction of the arrows until all 28 pills have been taken. During the 7 days that you take the hormone-free pills, you will usually experience bleeding that resembles a period (withdrawal bleeding) 2 to 3 days after the final blue hormone pill has been taken. If you do not have a bleeding, start a new 28-day treatment anyway after having taken the light green pills for 7 days.



Instruction: (in this example, the first day of bleeding is Thursday)

The picture above shows how you in this example take your pills from day 1 through day 28.

- 1) Start with the first pill on the first day of your period. For example, if it is Thursday, take the pill marked with "To." (in the picture above, the pill is marked "1").
- 2) Follow the direction of the arrows on the blister until you have taken all 21 blue pills, i.e. pills from "1" through "21".
- 3) After this, immediately start taking the light green pills on the same day of the week that you started taking the blue pills, i.e. in this example on "To." (marked "22" in the picture above). Take all 7 light green pills until the blister is empty.
- 4) Continue immediately with a new blister.

Second and subsequent treatment months

After you have emptied the blister, continue immediately with a new blister by taking one pill in the first row, i.e. there is no break in taking the pills. Start the next pill period/blister on the same day of the week as in the previous pill period. First take the blue tablets for 21 days, then the light green pills for 7 days. If you still do not have a bleeding after the second treatment month, you should contact a doctor.

Do you want to postpone your period?

You can postpone your period by skipping the light green hormone-free pills once you have taken the last pill in row 3 and instead immediately starting with a new blister at row 1. Continue to take your blue hormone pills for as long as you want to avoid having a period. After this, the light green pills

are taken for 7 days and a new blister with 28 pills is started on a new starting day. Speak to your midwife if you feel unsure about anything.

Positive effects of contraceptive pills

When you use combined contraceptive pills, your period will often become lighter and also less painful than it perhaps was previously.

Contraceptive pills also provide a certain amount of protection against ovarian cancer and cancer of the mucous membrane in the womb. The risk of inflammation in the fallopian tubes is also reduced.

Frequently asked questions

What if I forget to take a pill?

Do not take a double dose to make up for a forgotten dose.

If less than 12 hours have passed since you were meant to take your pill then you are still protected against pregnancy. Take the pill as soon as you remember to do so, and take the next pill at the usual time.

If more than 12 hours have passed the effect of the contraceptive pill can be reduced. How much the protection has been affected will depend on where in the blister (which week) you forgot to take your pill.

Forgotten 1 pill during week 1

- Take the pill that you forgot.
- Use extra protection (condoms) for 7 days.
- Continue taking the pills in the blister.
- If you had sex the week before, contact your midwife/doctor as soon as possible to get advice!

Forgotten 1 pill during week 2

- Take the pill that you forgot.
- Continue taking the pills in the pack.

Forgotten 1 pill during week 3

- Take the pill that you forgot.
- Continue with the pills.
- Skip the 7 light green hormone-free pills (placebo) in row 4. Continue immediately with a new blister at row 1 instead.

Or do as follows:

- Immediately stop taking the active pills in row 3.
- Start taking the hormone-free pills. The number of hormone-free days should not exceed 7, including the day you forgot the pill.
- Continue with row 1 of a new blister.

Forgotten 1 pill during week 4

The protection remains unaffected. The next pill should be taken at the usual time. Skip the forgotten light green pill.

If you have forgotten 1 pill during weeks 2, 3 or 4 and follow the instructions above, you do not need to use any extra protection.

If two pills in one blister are forgotten, a midwife or a doctor should be contacted to get advice.

What if I have forgotten more than one pill?

Contact your midwife/doctor for advice as soon as possible!

What if I have irregular bleeding?

Light bleedings can occur and are most common when you start taking contraceptive pills.

The risk of irregular bleeding increases if you do not take your contraceptive pills regularly. If the bleeding becomes an issue or occur not until after a couple of months, then contact your midwife/doctor.

What if I have vomited or have diarrhoea?

If you have vomited within 3–4 hours from taking a blue pill and/or suffer from severe diarrhoea for longer than 24 hours, it is possible that your body has not been able to absorb the hormones in the correct way. If this is the case you should use extra protection (e.g. condoms) for one week. You should also continue to take the pills as normal.

What if I am taking other medication?

Always inform your midwife or doctor if you are taking any other medicines. Contraceptive pills combined with other medicines can lead to reduced protection. Some antibiotics, medicine for epilepsy, charcoal tablets and the natural medicine St. John's wort are examples of this.

What if I want to become pregnant?

If you want to become pregnant you should complete the blister you are taking but not begin a new one. In most women the period will return immediately after finishing the contraceptive pills, but it can also take a while.

What side effects might I experience?

Common side effects which can occur include tenderness in the breasts, feeling sick, headache, irregular bleeding or mood swings. These side effects are usually mild and usually disappear within a few months. There are side effects which are rare yet serious. These include an increased risk of blood clots. The risk of blood clots also increases if you have a major operation or are bedridden for a prolonged period of time. In these situations you should take a break from your contraceptive pills.

Important to remember!

Contraceptive pills do not provide protection against sexually transmitted diseases, so you should use condoms as extra protection if you meet a new partner.

If you experience a side effect, especially if it is serious or persistent, or if your health changes and you suspect that this can be due to Amorest 28, contact a doctor or a midwife.

Contact a doctor immediately if you experience any of the following symptoms:

- Sudden swelling or pain in the calf
- Change in the skin colour (e.g. pale, red or blue) of the legs
- Sudden changes in vision

- Migraine-type headache which you have not experienced before
- Stitch in the chest area or difficulty breathing
- Severe stomach pain
- Dizziness or loss of balance
- Intense itching or skin rash.

For additional information, please read the package leaflet in the pack.

If you have any other questions or thoughts, contact your midwife or doctor.