

**PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS REGULATIONS  
(PREPARATIONS) 1986**

This medicine can be sold under doctor's prescription only

## **CERAZETTE®**

Film coated Tablets

Each film coated tablet contains:

Desogestrel 0.075 mg

For a list of inactive ingredients see section 6.1 "What **CERAZETTE** contains". See also section 2.8 "Important information about some of the ingredients of **CERAZETTE**".

**Read all of this leaflet carefully before you start using this medicine.**

- This leaflet contains concise information about **CERAZETTE**. If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their medical condition seems similar to yours.

### **1. WHAT CERAZETTE IS INTENDED FOR?**

**CERAZETTE** is used to prevent pregnancy.

**Therapeutic group:** Progestogens, hormonal contraceptives.

- There are 2 main kinds of hormone contraceptive.
  - The combined pill, "**The Pill**", which contains 2 types of female sex hormone an oestrogen and a progestogen,
  - The progestogen-only pill, **POP**, which doesn't contain an oestrogen.
- **CERAZETTE** is a progestogen-only-pill (POP or a mini-pill).
- **CERAZETTE** contains a small amount of one type of female sex hormone, the progestogen **desogestrel**.
- Most POPs work primarily by preventing the sperm cells from entering the womb but they do not always prevent the egg cell from ripening, which is the main way that combined pills work.
- **CERAZETTE** is different from most POPs in having a dose that in most cases prevents the egg cell from ripening. As a result, **CERAZETTE** is a highly effective contraceptive.
- In contrast to the combined pill, **CERAZETTE** can be used by women who do not tolerate oestrogens and by women who are breast feeding.
- A disadvantage is that vaginal bleeding may occur at irregular intervals during the use of **CERAZETTE**. On the other hand, you may not have any bleeding at all.

### **2. BEFORE YOU USE CERAZETTE**

**CERAZETTE**, like other hormonal contraceptives, does not protect against HIV infection (AIDS) or any other sexually transmitted disease.

#### **2.1 Do not use CERAZETTE if:**

- you are hypersensitive (**allergic**) to desogestrel, or any of the other ingredients of **CERAZETTE** (for a list of inactive ingredients, see section 6.1).
- you have a thrombosis. Thrombosis is the formation of a **blood clot** in a blood vessel [e.g. of the legs (deep venous thrombosis) or the lungs (pulmonary embolism)].
- you have or have had **jaundice** (yellowing of the skin) or severe liver disease and your liver is still not working normally.

- you have or if you are suspected of having a **cancer** that grows under the influence of sex-steroids, such as certain types of breast cancer.
- you have any unexplained **vaginal bleeding**.

If any of these conditions apply to you, tell your doctor before you start to use **CERAZETTE**. Your doctor may advise you to use a non-hormonal method of birth control.

If any of these conditions appear for the first time while using **CERAZETTE**, consult your doctor immediately.

## 2.2 Special warnings concerning use of CERAZETTE

**Before starting treatment with CERAZETTE, tell your doctor if:**

- you have ever had **breast cancer**.
- you have **liver cancer**, since a possible effect of **CERAZETTE** cannot be excluded.
- you have ever had a **thrombosis**.
- you have **diabetes**.
- you suffer from **epilepsy** (see section '2.4 Interactions with other medicines').
- you suffer from **tuberculosis** (see section '2.4 Interactions with other medicines').
- you have high **blood pressure**.
- you have or have had **chloasma** (yellowish-brown pigmentation patches on the skin, particularly of the face); if so, avoid too much exposure to the sun or ultraviolet radiation.

When **CERAZETTE** is used in the presence of any of these conditions, you may need to be kept under close observation. Your doctor can explain what to do.

### 2.2.1 Breast cancer

- It is important to regularly check your breasts and you should contact your doctor as soon as possible if you feel any lump in your breasts.
- Breast cancer has been found slightly more often in women who take the Pill than in women of the same age who do not take the Pill. If women stop taking the Pill, this reduces the risk, so that 10 years after stopping the Pill, the risk is the same as for women who have never taken the Pill.

Breast cancer is rare under 40 years of age but the risk increases as the woman gets older. Therefore, the extra number of breast cancers diagnosed is higher if a woman continues to take the Pill when she is older. How long she takes the Pill is less important.

- In every 10,000 women who take the Pill for up to 5 years but stop taking it by the age of 20, there would be less than 1 extra case of breast cancer found up to 10 years after stopping, in addition to the 4 cases normally diagnosed in this age group.
- In 10,000 women who take the Pill for up to 5 years but stop taking it by the age of 30, there would be 5 extra cases in addition to the 44 cases normally diagnosed.
- In 10,000 women who take the Pill for up to 5 years but stop taking it by the age of 40, there would be 20 extra cases in addition to the 160 cases normally diagnosed.

The risk of breast cancer in users of progestogen-only pills like **CERAZETTE** is believed to be similar to that in women who use the Pill, but the evidence is less conclusive.

Breast cancers found in women who take the Pill, seem less likely to have spread than breast cancers found in women who do not take the Pill.

It is not certain whether the Pill causes the increased risk of breast cancer. It may be that the women were examined more often, so that the breast cancer is noticed earlier.

### 2.2.2 Thrombosis

See your doctor immediately, if you notice possible signs of a thrombosis (see also 'Regular check-ups').

Thrombosis is the formation of a **blood clot**, which may block a blood vessel. A thrombosis sometimes occurs in the deep veins of the legs (deep venous thrombosis). If this clot breaks away from the veins where it is formed, it may reach and block the arteries of the lungs, causing a so-called “pulmonary embolism”. A pulmonary embolism can cause chest pain, breathlessness, collapse or even death.

- Deep venous thrombosis is a rare occurrence. It can develop whether or not you are taking the Pill. It can also happen if you become pregnant.

The risk is higher in Pill-users than in non-users. The risk with progestogen-only pills like **CERAZETTE** is believed to be lower than in users of Pills that also contain oestrogens (combined Pills).

### 2.2.3 Psychiatric disorders

Some women using hormonal contraceptives including **CERAZETTE** have reported depression or depressed mood. Depression can be serious and may sometimes lead to suicidal thoughts. If you experience mood changes and depressive symptoms contact your doctor for further medical advice as soon as possible.

### 2.3 Children and adolescents

The medicine is not intended for children and adolescents below 18 years because no clinical data on efficacy and safety are available in this population.

### 2.4 Interactions with other medicines

**If you are taking or have recently taken other medicines, including non-prescription medicines and nutritional supplements, you should tell the attending doctor or pharmacist.**

Also tell any other doctor or dentist who prescribes another medicine (or your pharmacist) that you take **CERAZETTE**. They can tell you if you need to take additional contraceptive precautions (for example condoms) and if so, for how long or whether the use of another medicine you need must be changed.

Some medicines:

- can have an influence on the blood levels of **CERAZETTE**.
- can make it **less effective in preventing pregnancy**.
- can cause unexpected bleeding.

These include medicines used for the treatment of:

- epilepsy (e.g. primidone, phenytoin, carbamazepine, oxcarbazepine, felbamate, topiramate and phenobarbital);
- tuberculosis (e.g. rifampicin, rifabutin);
- HIV infections (e.g. ritonavir, nelfinavir, nevirapine, efavirenz);
- Hepatitis C virus infection (e.g. boceprevir, telaprevir);
- or other infectious diseases (e.g. griseofulvin);
- high blood pressure in the blood vessels of the lungs (bosentan);
- depressive moods (the herbal remedy St. John's Wort);
- certain bacterial infections (e.g. clarithromycin, erythromycin);
- fungal infections (e.g. ketoconazole, itraconazole, fluconazole);
- high blood pressure (hypertension), angina or certain heart rhythm disorders (e.g. diltiazem).

If you are taking medicines or herbal products that might make **CERAZETTE** less effective, a barrier contraceptive method should also be used. Since the effect of another medicine on **CERAZETTE** may last up to 28 days after stopping the medicine, it is necessary to use the additional barrier contraceptive method for that long. Your doctor can tell you if you need to take additional contraceptive precautions and if so, for how long.

**CERAZETTE** may also interfere with how other medicines work, causing either an increase in effect (e.g. medicines containing ciclosporin) or a decrease in effect.

*Ask your doctor or pharmacist for advice before taking any medicine.*

## 2.5 Taking **CERAZETTE** with food

**CERAZETTE** can be taken regardless to food.

## 2.6 Pregnancy and breast-feeding

### Pregnancy

Do not use **CERAZETTE** if you are pregnant, or think you may be pregnant.

### Breast-feeding

**CERAZETTE** may be used while you are breast-feeding. **CERAZETTE** does not appear to influence the production or the quality of breast milk. However, there have been infrequent reports of a decrease in breast milk production while using Cerazette. A small amount of the active substance of **CERAZETTE** passes over into the milk.

The health of children who were breast-fed for 7 months while their mothers were using **CERAZETTE** has been studied up until they were 2.5 years of age. No effects on the growth and development of the children were observed.

If you are breast feeding and want to use **CERAZETTE**, please contact your doctor.

If you are pregnant or breastfeeding, consult the doctor or pharmacist before using any medicine.

## 2.7 Driving and using machines

**CERAZETTE** has no known effect on the ability to drive or use machines.

## 2.8 Important information about some of the ingredients of **CERAZETTE**

**CERAZETTE** contains lactose (milk sugar). Please contact your doctor before taking **CERAZETTE** if you have been told by your doctor that you are intolerant to some sugars.

## 2.9 Regular check-ups

When you are using **CERAZETTE**, your doctor will tell you to return for regular check-ups. In general, the frequency and nature of these check-ups will depend on your personal situation.

### **Contact your doctor as soon as possible if:**

- you notice possible signs of a **blood clot** e.g. severe pain or swelling in either of your legs; unexplained pains in the chest, breathlessness, an unusual cough, especially when you cough up blood (possibly a sign of a **thrombosis**);
- you have a sudden, severe stomach ache or **jaundice** (you may notice yellowing of the skin, the whites of the eyes, or dark urine, possibly a sign of **liver problems**);
- you feel a lump in your **breast** (possibly a sign of **breast cancer**);
- you have a sudden or severe pain in the lower abdomen or stomach area (possibly a sign of an **ectopic pregnancy** - a pregnancy outside the womb);
- you are to be immobilized or are to have surgery (consult your doctor at least four weeks in advance);
- you have unusual, heavy **vaginal bleeding**;
- you suspect that you are **pregnant**.

### 3. HOW TO TAKE CERAZETTE?

Always take **CERAZETTE** as instructed by the doctor. You should check with your doctor or pharmacist if you are not sure regarding the dosage and method of treatment.

The dosage, method and duration of treatment will be determined by the doctor only.

**Do not exceed the recommended dose.**

#### 3.1 When and how to take the tablets?

Each strip of **CERAZETTE** contains 28 tablets – 4 weeks supply.

- **Take your tablet each day at about the same time. Swallow the tablet whole, with water.**
- Arrows are printed on the front of the strip, between the tablets. The days of the week are printed on the back of the strip. Each day corresponds with one tablet.
- Every time you start a new strip of **CERAZETTE**, take a tablet from the top row. Don't start with just any tablet. For example if you start on a Wednesday, you must take the tablet from the top row marked (on the back) with WED.
- Continue to take one tablet every day until the pack is empty, always following the direction indicated by the arrows. By looking at the back of your pack you can easily check if you have already taken your tablet on a particular day.
- You may have some vaginal bleeding during the use of **CERAZETTE**, (see section 4 "SIDE EFFECTS") but you must continue to take your tablets as normal.
- When a strip is empty, you must start with a new strip of **CERAZETTE** on the next day - without interruption and without waiting for a bleed.

No information is available regarding crushing/splitting/chewing of tablets.

#### 3.2 Starting your first pack of CERAZETTE

- **If you are not using hormonal contraceptive at present (or in the past month)**

Wait for your period to begin. On the first day of your period take the first **CERAZETTE** tablet. Additional contraceptive precautions are not necessary. If you take your first tablet on days 2-5 of your period use an additional barrier method of contraception for the first 7 days of tablet-taking.

- **When you change from a combined pill (COC), vaginal ring, or transdermal patch**

**If you don't have** a tablet-, ring- or patch-free break

- Start taking **CERAZETTE** on the day after you take the last tablet from the present Pill pack, or on the day of removal of your vaginal ring or patch (this means no tablet-, ring- or patch-free break).
- If your present Pill pack also contains inactive (placebo) tablets you can start **CERAZETTE** on the day after taking the last active tablet (if you are not sure which this is, ask your doctor or pharmacist).
- **If you follow these instructions, additional contraceptive precautions are not necessary.**

**If you have** a tablet-, ring- or patch-free break

- You can also start on the day following the tablet-, ring- or patch-free break, or when you have taken all the inactive (placebo) tablets, of your present contraceptive.
- **If you follow these instructions, make sure you use an additional barrier method of contraception for the first 7 days of tablet-taking.**

- **When changing from another progestogen-only pill:**

Switch on any day from another mini-pill. Additional contraceptive precautions are not necessary.

- **When changing from an injection or implant or a hormonal IUS:**

Start using **CERAZETTE** when your next injection is due or on the day that your implant or your IUS is removed. Additional contraceptive precautions are not necessary.

- **After you have a baby:**

You can start **CERAZETTE** between 21 to 28 days after the birth of your baby. If you start later, make sure that you use an additional barrier method of contraception until you have completed the first 7 days of tablet-taking. However, if you have already had sex, check that you are not pregnant before starting **CERAZETTE**. Information for breast-feeding women can be found in 2.6 'Pregnancy and breast-feeding'. Your doctor can also advise you.

- **After a miscarriage or an abortion:**

Your doctor will advise you.

### 3.3 If you forget to take CERAZETTE

- If you are **less than 12 hours** late:
  - Take the missed tablet as soon as you remember and take the next one at the usual time. **CERAZETTE** will still protect you from pregnancy.
- If you are **more than 12 hours** late:
  - If you are more than 12 hours late in taking any tablet, **you may not be completely protected against pregnancy**. The more consecutive tablets you have missed, the higher the risk that you might fall pregnant.
  - Take a tablet as soon as you remember and take the next one at the usual time. This may mean taking two in one day. This is not harmful. (If you have forgotten more than one tablet you don't need to take the earlier missed ones). Continue to take your tablets as usual but you must also use an extra method, such as a condom, for the **next 7 days**.
  - If you are more than 12 hours late taking your tablet and have had sex it is safe to use **emergency contraception**; please consult your pharmacist or doctor.
  - If you missed one or more tablets in the **very first week** of starting the tablet and had intercourse in the week before missing the tablets, you may fall pregnant. Ask your doctor for advice.

### 3.4 If you suffer from gastro-intestinal disturbances (e.g. vomiting, severe diarrhoea)

If you vomit within 3-4 hours after taking your **CERAZETTE** tablet or have severe diarrhoea, the active ingredient may not have been completely absorbed. Follow the advice for forgotten tablets in the section above.

### 3.5 If you have accidentally taken a higher dose than you should (overdose)

There have been no reports of serious harmful effects from taking too many **CERAZETTE** tablets at one time. Symptoms that may occur are nausea, vomiting and, in young girls, slight vaginal bleeding. For more information ask your doctor for advice.

If you have taken an overdose, or if a child has accidentally swallowed the medicine, proceed immediately to a hospital emergency room and bring the package of the medicine with you.

### 3.6 If you stop taking CERAZETTE

You can stop taking **CERAZETTE** whenever you want. From the day you stop you are no longer protected against pregnancy.

**Do not take medicines in the dark! Check the label and the dose each time you take your medicine. Wear glasses if you need them.**

**If you have any further questions on the use of this medicine, consult your doctor or pharmacist.**

## 4. SIDE EFFECTS

Like all medicines, **CERAZETTE** can cause side effects, in some of the users.

Do not be alarmed by reading the list of side effects, you may not suffer from any of them.

Tell your doctor if you notice any unwanted effect, especially if severe or persistent.

**Serious side effects** associated with the use of **CERAZETTE** are described in section 2 'BEFORE YOU USE **CERAZETTE**'. Please read this section for additional information on 'Breast cancer' and 'Thrombosis' and consult your doctor at once where appropriate.

See also grey box above '**Contact your doctor as soon as possible if:**'.

You should see your doctor immediately if you experience allergic reactions (hypersensitivity), including swelling of the face, lips, tongue, and/or throat causing difficulty in breathing or swallowing (angioedema and/or anaphylaxis).

**Vaginal bleeding may occur at irregular intervals** while using **CERAZETTE**. This may be just slight staining which may not even require a pad, or heavier bleeding, which looks rather like a scanty period. You may need to use tampons or sanitary towels. You may also not have any bleeding at all. Irregular bleeding is not a sign that **CERAZETTE** is not working. In general, you need not take any action; just continue to take **CERAZETTE**. **If bleeding is heavy or prolonged you should consult your doctor.**

#### **Additional side effects**

**Common side effects** (affecting less than 1 in 10 women): mood changes, depressed mood, decreased sexual drive (libido), headache, nausea, acne, breast pain, irregular or no periods, weight increase.

**Uncommon side effects** (affecting less than 1 in 100 women): infection of the vagina, difficulties in wearing contact lenses, vomiting, hair loss, painful periods, ovarian cysts, tiredness.

**Rare side effects** (affecting less than 1 in 1000 women) skin conditions such as: rash, hives, painful blue-red skin lumps (erythema nodosum).

**Not known** (cannot be estimated from the available data): allergic reaction

Apart from these side effects, breast secretion or leakage may occur.

If a side effect appears, if any of the side effects gets serious or if you suffer from a side effect not mentioned in this leaflet, consult your doctor.

Side effects can be reported to the Ministry of Health by using the link "Reporting side effects due to medicinal treatment" at the home page of the Ministry of Health's web site ([www.health.gov.il](http://www.health.gov.il)) which refers to the online side effects reporting form, or by using the link:

<https://sideeffects.health.gov.il/>

## **5. HOW TO STORE CERAZETTE?**

- Avoid Poisoning! This medicine, as all other medicines, must be stored in a safe place out of the reach and sight of children and/or infants, in order to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by a doctor.
- Do not use **CERAZETTE** after the expiry date (exp. date) which is stated on the pack. The expiry date refers to the last day of the indicated month.
- **Storage conditions:** Store below 30°C. Store the blister pack in the original sachet in order to protect from light and moisture. Use within one month from the date of first opening of the sachet, and no later than the expiry date.
- The active substance shows an environmental risk to fish. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines you no longer use. These measures will help to protect the environment.

## **6. FURTHER INFORMATION**

### **6.1 What CERAZETTE contains?**

In addition to the active ingredient the medicine also contains:

Lactose monohydrate, maize starch, povidone, stearic acid, silica colloidal anhydrous, hypromellose, talc, macrogol 400, titanium dioxide, alpha-Tocopherol.

Each tablet contains approximately 55 mg of lactose monohydrate.

See also section 2.8 'Important information about some of the ingredients of **CERAZETTE**'.

### **6.2 What CERAZETTE looks like and contents of the pack**

The tablet is white, round, biconvex. On one side it is coded KV/2 and on the reverse side Organon\*.

Pack sizes: A carton box with 1 or 3 blisters. One blister of **CERAZETTE** contains 28 tablets. Each blister is separately packed in a sachet.

#### **License holder and address:**

Organon Pharma Israel Ltd., 1 Atir Yeda, Kfar Saba

#### **Manufacturer:**

Organon LLC, NJ USA

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#### **Drug registration no. listed in the official registry of the Ministry of Health:**

131.09.30977