Patient leaflet in accordance with the Pharmacists' Regulations (Preparations) - 1986

This medicine is dispensed with a doctor's prescription only

Minesse®
Film-coated tablets

Each blister pack contains 28 tablets:
- 24 pale yellow active tablets, each coated tablet contains:
  ethinylestradiol 0.015 mg
  gestodene 0.060 mg
- 4 white inactive tablets

Inactive ingredients and allergens: See section 2 under 'Important information about some of this medicine's ingredients' and section 6 'Further information'.

Read the entire leaflet carefully before using this medicine. This leaflet contains concise information about this medicine. If you have any further questions, consult your doctor or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if it seems to you that their medical condition is similar to yours.

1. WHAT IS THIS MEDICINE INTENDED FOR?

Minesse® is a preparation for birth control that belongs to a group of medicines called "contraceptive pills".
- Each of the 24 pale yellow tablets contains two female hormones: ethinylestradiol and gestodene.

The 4 white tablets do not contain active ingredients.
Therapeutic group: combined oral contraceptive pills, a combination of estrogen and progestogen.

2. BEFORE USING THIS MEDICINE

Before you can begin taking Minesse®, your doctor will ask you some questions about your personal health history and that of your close relatives. The doctor will also measure your blood pressure, and depending on your personal situation, may also carry out other tests.

Before you start using Minesse® you should read the information on thrombosis (blood clots) in section 2. It is particularly important to read the part about symptoms of thrombosis – (see Section 2 'Minesse® and thrombosis (blood clots)').

In this leaflet, several situations are described where you should stop using Minesse®, or situations where the reliability of Minesse® may be decreased. In such situations you should either not have intercourse or you should use an extra non-hormonal contraceptive, such as a condom. Do not rely on methods like body temperature or rhythm methods. These methods are not reliable because Minesse® alters the monthly changes of the body temperature and of the cervical mucus.
Minesse®, like other contraceptive pills, does not protect against HIV infection (AIDS) or any other sexually transmitted disease.

Do not use this medicine if:

You have any of the conditions listed below. If you do have any of the conditions listed below, you must tell your doctor. Your doctor will discuss with you what other form of birth control would be more appropriate.

- You are sensitive (allergic) to ethinylestradiol, gestodene or any of the ingredients of this medicine (listed in section 6).
- You have (or have ever had) a blood clot in a blood vessel of your legs (deep vein thrombosis, DVT), your lungs (pulmonary embolus, PE) or other organs;
- You know you have a disorder affecting your blood clotting – for instance, protein C deficiency, protein S deficiency, antithrombin-III deficiency, Factor V Leiden or antiphospholipid antibodies;
- You are about to have surgery or if you will be off your feet for a long time (see section 'Minesse® and thrombosis (blood clots)');
- You have ever had a heart attack or a stroke;
- You have ever had a disorder of certain blood vessels of the heart (coronary arteries);
- You have (or have ever had) angina pectoris (a condition that causes severe chest pain and may be a first sign of a heart attack) or transient ischaemic attack [temporary stroke symptoms (TIA)];
- You have any of the following diseases that may increase your risk of a clot in the arteries:
  - severe diabetes with blood vessel damage
  - very high blood pressure
  - very high levels of fat in the blood (cholesterol or triglycerides)
  - a condition known as hyperhomocysteinaemia
- You have (or have ever had) a type of migraine called 'migraine with aura';
- You have (or have ever had) a benign tumor (called focal nodular hyperplasia or hepatic adenoma) or a malignant tumor of the liver or if you have recently had a liver disease. In those cases, your doctor will ask you to stop taking the tablets until your liver is working normally;
- You have vaginal bleeding of unknown cause;
- You have breast cancer or cancer of the womb or a cancer that is sensitive to female sex hormones or if you are suspected of having such cancers.
- You are or could be pregnant;
- You are breastfeeding;
- You have hepatitis C (viral liver inflammation) and are taking certain anti-viral medicines such as ombitasvir/paritaprevir/ritonavir, dasabuvir and glecaprevir/pibrentasvir (see also in the section 'Other medicines and Minesse®).

Special warnings regarding use of the medicine:

Seek immediate medical attention:

- If you notice possible symptoms of a blood clot that may mean you are suffering from a blood clot in the leg (which means deep vein thrombosis), a blood clot in the lung (which means pulmonary embolism), a heart attack or a stroke (see 'Minesse® and thrombosis (blood clots)', below).

For information about the symptoms of these serious side effects please go to the section ‘How to recognize symptoms of a blood clot’.

If you have any of the following conditions, consult your doctor before you start taking Minesse®.
If any of the conditions develop or get worse while you are using Minesse®, you should also consult your doctor:

- If blood tests have shown that you have a high level of sugar, a high level of cholesterol and fats or a high level of prolactin (hormone that stimulates milk production);
- If you are obese;
- If you have a benign breast tumor or if a close relative has ever had breast cancer;
- If you have a disease of the utreus;
- If you suffer from epilepsy (see also ‘Other medicines and Minesse®);
- If you suffer from migraine;
- If you have loss of hearing due to a disorder known as otosclerosis;
- If you suffer from asthma;
- If you have Crohn’s disease or ulcerative colitis (chronic inflammatory bowel disease);
- If you have systemic lupus erythematosus (SLE – a disease affecting your immune system);
- If you have hemolytic uremic syndrome (HUS - a disorder of the blood clotting system which causes failure of the kidneys);
- If you have sickle cell anemia (an inherited disease of the red blood cells);
- If you have elevated levels of fats in the blood (hypertriglyceridemia) or a family history for this condition. Hypertriglyceridemia has been associated with an increased risk of developing pancreatitis (inflammation of the pancreas);
- If you are about to have surgery or if you will be off your feet for a long time (see section ‘Minesse® and thrombosis (blood clots)’).
- If you have just given birth you are at an increased risk of blood clots. You should ask your doctor how soon after delivery you can start taking Minesse®;
- If you have an inflammation in the veins under the skin (superficial thrombophlebitis);
- If you have varicose veins;
- If you or a close relative (parents, grandparents, brothers, sisters...) has ever suffered from a disease with a tendency to develop blood clots (in the leg, lung or elsewhere, heart attack, stroke);
- If, during a pregnancy or when using another contraceptive pill, you had a skin condition which caused itching and red patches and blisters (herpes gestationis);
- If you have had patches of discoloration on your face (chloasma) during pregnancy or when using another contraceptive pill. In this case, avoid direct exposure to the sun while you are using Minesse®.
- If you have gallstones;
- If you suffer from heart, liver or kidney disease;
- If you suffer from depression;
- If you have high blood pressure;
- If you suffer from a disease known as chorea characterized by irregular, sudden, involuntary body movements.

Psychiatric disorders
Some women using hormonal contraceptives including Minesse® 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.

If you have hereditary angioedema, products containing estrogens may induce or worsen symptoms of angioedema. You should see your doctor immediately if you experience symptoms of angioedema such as swollen face, tongue and/or pharynx and/or difficulty swallowing or rash (hives) together with difficulty breathing.

Minesse® and thrombosis (blood clots)

Using a combined hormonal contraceptive such as Minesse® increases your risk of developing a blood clot compared with women not using one. In rare cases, a blood clot can block blood vessels and cause serious problems.
Blood clots can develop:

- in veins [venous thrombosis, venous thromboembolism (VTE)]
- in the arteries [arterial thrombosis, arterial thromboembolism (ATE)]

Recovery from blood clots is not always complete. Rarely, there may be serious lasting effects or, very rarely, they may be fatal.

It is important to remember that the overall risk of a harmful blood clot due to Minesse® is small.

How to recognize symptoms of a blood clot
Refer to a doctor urgently if you notice any of the following symptoms.

Are you experiencing any of these signs?	What are you possibly suffering from?
Swelling of one leg or along a vein in the leg or foot especially when accompanied by: • pain or tenderness in the leg which may be felt only when standing or walking • feeling warmth in the affected leg • change in colour of the skin on the leg, for example turning pale, red or blue.	Deep vein thrombosis
• Sudden unexplained breathlessness or rapid breathing • Sudden cough without an obvious cause, which may bring up blood • Sharp chest pain which may increase with deep breathing • Severe light headedness or dizziness • Rapid or irregular heartbeat • Severe pain in your stomach If you are unsure, talk to a doctor as some of these symptoms such as coughing or having difficulty breathing may be mistaken for a milder condition	Pulmonary embolism

such as a respiratory tract infection (for example a common cold).	
Signs which most commonly occur in one eye: • immediate loss of vision or • painless blurring of vision which can progress to loss of vision.	Retinal vein thrombosis (blood clot in a blood vessel in the eye)
• Chest pain, discomfort, pressure, heaviness • Sensation of squeezing or fullness in the chest, arm or below the breastbone • Fullness, indigestion or choking feeling • Upper body discomfort radiating to the back, jaw, throat, arm, and stomach • Sweating, nausea, vomiting or dizziness • Extreme weakness, anxiety, or shortness of breath • Rapid or irregular heartbeat.	Heart attack
• Sudden weakness or numbness of the face, an arm or leg, especially on one side of the body • Sudden confusion, trouble speaking or understanding • Sudden trouble seeing in one or both eyes • Sudden trouble walking, dizziness, loss of balance or coordination • Sudden, severe or prolonged headache with no known cause • Loss of consciousness or fainting with or without seizure. Sometimes the symptoms of stroke can be brief with an almost immediate and full recovery, but you should still seek urgent medical attention as you may be at risk of another stroke.	Stroke
• Swelling and slight blue discoloration of the extremities • Severe pain in your stomach (acute abdomen).	Blood clot blocking other blood vessels

BLOOD CLOTS IN A VEIN

What can happen if a blood clot forms in a vein?

- The use of combined hormonal contraceptives has been connected with an increase in the risk of blood clots in the vein (venous thrombosis). However, this side effect is rare. Most frequently, this effect occurs in the first year of use of a combined hormonal contraceptive.
- If a blood clot forms in a vein in the leg or foot it can cause a deep vein thrombosis (DVT).

- If a blood clot travels from the leg and lodges in the lung it can cause a pulmonary embolism.
- Very rarely a clot may form in a vein in another organ such as the eye (retinal vein thrombosis).

When is the risk of developing a blood clot in a vein highest?
The risk of developing a blood clot in a vein is highest during the first year of taking a combined hormonal contraceptive for the first time. The risk may also be higher if you restart taking a combined hormonal contraceptive (the same product as before or a different product) after a break of 4 weeks or more.

After the first year, the risk gets smaller but is always slightly higher than if you were not using a combined hormonal contraceptive.

When you stop taking Minesse® your risk of a blood clot returns to normal within a few weeks.

What is the risk of developing a blood clot?
The risk depends on your natural tendency to get venous thromboembolism and the type of combined hormonal contraceptive you are taking.
The overall risk of a blood clot in the leg or lung (deep vein thrombosis or pulmonary embolism) with Minesse® is small.

- Out of 10,000 women who are not using any combined hormonal contraceptive and are not pregnant, about 2 will develop a blood clot in a year.
- Out of 10,000 women who are using a combined hormonal contraceptive that contains levonorgestrel, norethisterone, or norgestimate about 5-7 will develop a blood clot in a year.
- Out of 10,000 women who are using a combined hormonal contraceptive that contains gestodene such as Minesse® about 9-12 women will develop a blood clot in a year.
- The risk of having a blood clot will vary according to your medical history (see 'Factors that increase your risk of a blood clot in a vein' below).

	Risk of developing a blood clot in a year
Women who are **not using** a combined hormonal contraceptive (pill/patch/ring) and are not pregnant	About 2 out of 10,000 women
Women using a combined hormonal contraceptive pill containing **levonorgestrel, norethisterone or norgestimate**	About 5-7 out of 10,000 women
Women using Minesse®	About 9-12 out of 10,000 women

Factors that increase your risk of a blood clot in a vein

The risk of a blood clot with Minesse® is small but some conditions will increase the risk. Your risk is higher:

- if you are very overweight (BMI over 30 kg/m^2);
- if one of your immediate family has had a blood clot in the leg, lung or other organ at a young age (for example below the age of 50). In this case you could have a hereditary blood clotting disorder;
- if you need to have surgery, or if you are off your feet for a long time because of an injury or illness, or you have your leg in a cast. The use of Minesse® may need

to be stopped several weeks before surgery or while you are less mobile. If you need to stop Minesse® ask your doctor when you can start using it again;
- as you get older (particularly over the age of 35);
- if you gave birth less than a few weeks ago.

The risk of developing a blood clot increases the more risk increasing conditions you have.

Air travel (over 4 hours) may temporarily increase your risk of a blood clot, particularly if you have other risk increasing conditions.

It is important to tell your doctor if any of the above conditions apply to you, even if you are unsure. Your doctor may decide that Minesse® needs to be stopped.

If any of these conditions change while you are using Minesse®, for example a close family member experiences a thrombosis for no known reason, or you gain a lot of weight, tell your doctor.

BLOOD CLOTS IN AN ARTERY

What can happen if a blood clot forms in an artery?

Like a blood clot in a vein, a blood clot in an artery can cause serious problems. For example, it can cause a heart attack or a stroke.

Factors that increase your risk of a blood clot in an artery:

It is important to note that the risk of a heart attack or stroke from using Minesse® is very small but can increase:

- As you get older (particularly over the age of 35);
- **If you smoke.** When using a combined hormonal contraceptive like Minesse® you are advised to stop smoking. If you are unable to stop smoking and are older than 35 your doctor may advise you to use a different type of contraceptive;
- If you are overweight;
- If you have high blood pressure;
- If a member of your immediate family has had a heart attack or stroke at a young age (under the age of 50). In this case you could also have a higher risk of having a heart attack or stroke;
- If you, or someone in your immediate family, have a high level of fats in the blood (cholesterol or triglycerides);
- If you suffer from migraines, especially migraines with aura;
- If you have a problem with your heart (valve disorder, disturbance of the rhythm called atrial fibrillation);
- If you have diabetes.

If you have more than one of these conditions or if any of them are particularly severe, the risk of developing a blood clot may be increased even more.

If any of the above conditions change while you are using Minesse®, for example you start smoking, a close family member experiences a thrombosis for no known reason, or you gain a lot of weight, tell your doctor.

Minesse® and cancer

Breast cancer has been detected slightly more often in women using combination pills, but it is not known whether this is caused by using the pill. It is possible that

these women were simply examined more thoroughly and more frequently, so that the breast cancer was detected earlier.
Some studies have reported cases of cervical cancer in women using combination pills for a relatively long time. It is unknown whether the cervical cancer was caused by using the pill or connected with sexual behavior (for example, more frequent changes of partner) and other factors.

In rare cases, benign liver tumors, and in even fewer cases malignant liver tumors have been reported in women taking the pill. Contact your doctor if you have unusually severe abdominal pain.

Bleeding between periods
During the first few months that you are taking Minesse®, you may have unexpected bleeding (bleeding outside the days in which you take the white inactive tablets). If this irregular bleeding lasts longer than a few months, or if it begins after several months of taking Minesse®, see your doctor to investigate the cause.

If no bleeding occurs in the inactive tablet days:
If you have taken all the pale yellow active tablets correctly, have not had vomiting or severe diarrhea, and you have not taken any other medicines, it is highly unlikely that you are pregnant.

If the expected bleeding does not happen twice in succession, you may be pregnant. Contact your doctor immediately. Do not start the next blister pack until you are sure that you are not pregnant.

If you have no bleeding after you stop taking Minesse®:
When you stop taking Minesse® it may take some time for your periods to return. If your period has still not returned after a long time, please see your doctor.

Other medicines and Minesse®
If you are taking or have recently taken, other medicines, including nonprescription medicines and dietary supplements, tell your doctor or pharmacist.
They can tell you if you need to take additional contraceptive precautions (for example condoms) and if so, for how long.
Some medicines can have an influence on the blood levels of Minesse®, they can make it less effective in preventing pregnancy and can cause unexpected bleeding. These include:
medicines used for treatment of:

- HIV and hepatitis C (so-called protease inhibitors and non-nucleoside reverse transcriptase inhibitors)
- epilepsy (such as phenobarbital, phenytoin, primidone, carbamazepine, topiramate, felbamate)
- tuberculosis (such as rifabutin, rifampicin)
- fungal infections (griseofulvin, azole antifungals, such as itraconazole, voriconazole, fluconazole)
- bacterial infections (macrolide antibiotics, such as clarithromycin, erythromycin)
- certain heart diseases or high blood pressure (calcium channel blockers such as verapamil, diltiazem)
- arthritis, arthrosis (etoricoxib)
- sleep disorders (modafinil)
- a herbal remedy which contains *Hypericum* (St. John’s wort), which is used to treat depression

- grapefruit juice

Troleandomycin may increase the risk for intrahepatic cholestasis (retention of bile in the liver) during co-administration with combined oral contraceptives.

Minesse® may **influence the effect** of other medicines, for example:
- lamotrigine
- cyclosporine
- theophylline
- tizanidine

Do not use Minesse® if you have hepatitis C (viral liver inflammation) and are taking certain hepatitis C medicines such as those containing ombitasvir/paritaprevir/ritonavir, dasabuvir, glecaprevir/pibrentasvir as this may cause an increase in liver function blood test results (increase in ALT liver enzyme). Your doctor will prescribe another type of contraceptive before you start treatment with these medicines.
Minesse® can be restarted approximately 2 weeks after completing treatment with these medicines. See 'Do not use this medicine if'.
Ask your doctor or pharmacist for advice before taking another medicine while you are using Minesse®.

Pregnancy and breastfeeding
Pregnancy
Do not use this medicine if you are pregnant, or if pregnancy is suspected.
If you are pregnant, the doctor has no reason to prescribe any contraception.
If you discover that you are pregnant while taking Minesse®, stop taking it and consult your doctor.
If you are planning a pregnancy, consult your doctor.

Breastfeeding
If you are breastfeeding, using Minesse® is not recommended.
If you want to breastfeed and take a contraceptive pill, your doctor will recommend a different type of pill that is right for you.

Driving and using machines
The effect of this medicine on ability to drive or operate machines has not been studied. This medicine is not likely to impact your ability to drive or operate machines. Dizziness has been reported as a side-effect of this medicine. If you experience dizziness do not drive or operate machines until the effect has passed.

Important information about some of this medicine's ingredients
This medicine contains lactose monohydrate. If you suffer from intolerance to certain sugars, consult your doctor before starting Minesse®. Each tablet contains about 40 mg lactose.

3. HOW TO USE THIS MEDICINE?
Always use this medicine according to your doctor's instructions. Check with the doctor or pharmacist if you are uncertain about the dosage and treatment regimen of the preparation.

The dosage and treatment regimen will be determined by your doctor only.
The standard dosage and method of use are usually:
- Begin by taking tablet number 1 which is located next to the word "START".

- Perforate the foil of the empty cell (in the center of the blister pack) corresponding to the day of the week on which you have taken the first tablet. This will be the start day for all following blister packs. This will also be the day of the week you will take tablets number 8, 15 and 22 which have a yellow border. This marking will help you make sure that you are taking the tablets correctly.
- Each blister pack contains 28 tablets. Take one tablet at the same time every day, on 28 consecutive days following the direction indicated by the arrows, as follows: Take one pale yellow tablet on each of the first 24 days and then one white inactive tablet on each day of the last 4 days.
- Start taking the next blister pack immediately after the last day of the previous blister pack. This means there is no interval between ending one blister pack and starting the new one. You will always start a new blister pack on the same day of the week. As there are no breaks between blister packs it is important that you already have the next blister pack ready before finishing the previous one.
- Bleeding usually starts on the second or third day after you have taken the last pale yellow tablet of the blister pack and may not have finished before the next blister pack is started.

Do not exceed the recommended dose.

Taking this medicine
Swallow the tablet with a large glass of water.

If you have not used a contraceptive with hormones in the previous month
Take the tablet number 1 on the first day of your menstrual bleeding.

If you are changing from another contraceptive pill to Minesse®
Finish the current blister pack of the other pill and start taking **Minesse®** on the following day (if your other pill pack also contains inactive tablets, do not take them). This means there is no break in taking the pill.

If you are switching from a progestogen-only method (pill, injection, implant) to Minesse®
- Changing from a progesterone-only pill: You can start Minesse® at any time during your menstrual cycle, the day after stopping the other pill.
- Changing from an implant: Start taking Minesse® the day the implant is removed.
- Changing from an injection: Start taking Minesse® on the day your next injection was due.

In all the above cases you must also use a non-hormonal contraceptive method (for example: a condom) during the first 7 days of taking Minesse®.

If you are starting Minesse® after a termination of pregnancy that occurred during the first trimester
You can normally start taking Minesse® immediately; consult your doctor before doing so.

If you are starting Minesse® after giving birth or after a termination of pregnancy that occurred during the second trimester
As with any other contraceptive pill, do not start taking Minesse® less than 21 to 28 days after giving birth or after termination of pregnancy because you are at an increased risk of blood clots during this time. If you start taking Minesse® later, you must also use a non-hormonal contraceptive method during the first 7 days of taking Minesse®.

If you have had sex after giving birth/termination of pregnancy in the second trimester, make sure you are not pregnant before you start using Minesse® or wait until your next period.

Duration of use
Your doctor will tell you for how long you should use this pill.

If you have accidentally taken a higher dosage
Overdose may produce gastrointestinal problems (for example: nausea, vomiting, abdominal pain), breast tenderness, dizziness, drowsiness, fatigue, and upset the menstrual cycle (vaginal bleeding).

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

If you forget to take Minesse®

If you forget to take the pill there is a risk you could become pregnant.

If it is less than 12 hours from the time you normally take your pale yellow tablet, take it as soon as you remember and continue taking the next tablets as usual until the end of the blister pack.
If it is more than 12 hours after you normally take your pale yellow tablet, there is a risk you could become pregnant. In this case:

- Take the last missed tablet as soon as you remember, even if this means taking 2 tablets on the same day.
- Continue taking Minesse® until the end of the blister pack.
- In addition, use a non-hormonal method of contraception (a condom, spermicide, etc.) for the next 7 days.
- If this 7-day period extends beyond the last pale yellow tablet in the current blister pack, discard all the white tablets that still remain in the current blister pack and start the next blister pack the day after you have taken the last pale yellow tablet in the current blister pack.

If you have forgotten one or more pale yellow tablets in a blister pack and you do not have the expected bleeding that should start while taking the white tablets, you may be pregnant.
If you have forgotten one or more white tablets, you are still protected from pregnancy, provided that the time between the last pale yellow tablet of the current blister pack and the first pale yellow tablet of the new blister pack is not greater than 4 days.
Ask your doctor for advice.
Adhere to the treatment as recommended by your doctor.

Vomiting or severe diarrhea within 4 hours of taking a tablet is similar to the case of forgetting to take a tablet. After vomiting or diarrhea, you must take another tablet from a reserve blister pack as soon as possible. If possible take it within 12 hours of when you normally take your pill. If this is not possible or more than 12 hours have passed since your normal time, you should follow the instructions given under 'If you forget to take Minesse®'.

If vomiting or severe diarrhea recur over several days, also use a non-hormonal method of contraception (a condom, spermicide, etc.) during this time, and until the beginning of the next blister pack.
Ask your doctor for advice.

Do not take medicines in the dark! Check the label and dose <u>each time</u> you take medicine. Wear glasses if you need them.
If you have any further questions about using this medicine, consult your doctor or pharmacist.

4. SIDE EFFECTS

As with any medicine, use of Minesse®, may cause side effects in some users. Do not be alarmed by this list of side effects; you may not experience any of them.
If you get any side effect, particularly if it is severe or persistent, or if you feel any change in your health that you think may be due to using Minesse®, talk to your doctor.

An increased risk of blood clots in your veins (venous thromboembolism [VTE]) or in your arteries (arterial thromboembolism [ATE]) is present for all women taking combined hormonal contraceptives. For more detailed information on the different risks see section 2 'Before using this medicine'.

If you experience any of the following serious side effects, stop taking this treatment and see your doctor immediately:

- A serious allergic reaction - **it is not known how frequently this occurs**
  Symptoms include sudden wheeziness, difficulty in breathing or dizziness, swelling of the eyelids, face, lips or throat, skin rash, hives.
- Retinal vein thrombosis – blood vessels in the eyes – **it is not known how frequently this occurs**
  - symptoms most commonly occur in one eye
  - painless blurring of vision which can progress to loss of vision
  - immediate loss of vision
- Hemolytic uremic syndrome (a condition which affects your blood and kidneys) – **it is not known how frequently this occurs**
  Symptoms include vomiting, diarrhea (which may be bloody), fever, feeling weak, passing less urine than usual.
- Pancreatitis - **this is a rare side effect** (may affect between 1 and 10 users in 10,000).
  Symptoms include severe upper abdominal pain which may spread to your back.
- Erythema multiforme - **it is not known how frequently this occurs**
  Symptoms include a skin rash with pink-red blotches especially on palms of hands or soles of feet which may blister. You may also have ulcers in your mouth, eyes or genitals and have a fever.

<u>Very common side effects (may affect more than 1 in 10 users):</u>

- headache, including migraine
- abdominal pain
- breast pain
- breast tenderness
- very light or no periods

<u>Common side effects (may affect up to 1 in 10 users):</u>

- a vaginal infection including vaginal thrush
- bleeding between periods

- mood swings including depression or altered sexual appetite
- nervousness or dizziness
- vomiting, nausea
- feeling bloated
- acne
- painful periods
- change in blood flow during your period
- changes to vaginal discharge or change to the cervix (ectropion)
- water retention in tissue or edema (severe fluid retention)
- weight gain or loss
- skin rash
- hair loss

Uncommon side effects (may affect up to 1 in 100 users):

- increased appetite
- decreased appetite
- excessive growth of body hair
- discoloured patches on the face (chloasma)
- changes in laboratory test results: increase in cholesterol, triglyceride levels or increased blood pressure
- discharge from the nipple
- increased breast size
- worsening of varicose veins

Rare side effects (may affect up to 1 in 1,000 users):

- harmful blood clots in a vein or artery for example:
- in a leg or foot (deep venous thrombosis [DVT])
- in a lung (pulmonary embolism [PE])
- heart attack
- stroke
- mini-stroke or temporary stroke-like symptoms, known as a transient ischemic attack (TIA)
- blood clots in the liver, stomach/intestine, kidneys or eye.

The chance of having a blood clot may be higher if you have any other condition that increases this risk (see section 2 for more information on the conditions that increase the risk of blood clots and the symptoms of a blood clot).

- liver or biliary disease (such as hepatitis or abnormal function of the liver)
- gallbladder disease including gallstones or worsening of this condition.

Side effects whose frequency is not known:

- benign liver tumor (called focal nodular hyperplasia or hepatic adenoma) or malignant liver tumor
- worsening of an immune system disease (lupus), of a liver disease (porphyria) or of a disease known as chorea which as characterized by irregular, sudden, involuntary movements
- obstruction of the bile flow in the liver or worsening of this condition
- ischemic bowel disease, possible aggravation of inflammatory bowel disease - symptoms include abdominal cramps and pain, diarrhea (which may be bloody), weight loss
- intolerance to a sugar called glucose
- contact lens intolerance
- abdominal cramps

- jaundice (yellowing of the skin or eyes)
- a skin reaction called erythema nodosum
- inflammation of the optic nerve which can lead to partial or total loss of vision

If you experience any side effect, if any side effect gets worse, or if you experience a side effect not mentioned in this leaflet, consult your doctor.
You can report side effects to the Ministry of Health by following the link 'Reporting Side Effects of Drug Treatment' on the Ministry of Health home page (www.health.gov.il) which links to an online form for reporting side effects, or by using the link: https://sideeffects.health.gov.il

5. HOW TO STORE THE MEDICINE?

- Prevent poisoning! This and any other medicine should be kept in a closed place, out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by a doctor.
- Do not use the medicine after the expiry date (exp. date) which is stated on the package. The expiry date refers to the last day of that month.
- Store below 25°C.

6. FURTHER INFORMATION

In addition to the active ingredients, this medicine also contains:

Pale yellow tablet:
lactose monohydrate, microcrystalline cellulose, Opadry yellow, polacrilin potassium, magnesium stearate, polyethylene glycol 1450, montanglycol wax (wax E pharma).

White tablet:
lactose monohydrate, microcrystalline cellulose, Opadry white, polacrilin potassium, magnesium stearate, polyethylene glycol 1500, montanglycol wax (wax E pharma).

What the medicine looks like and contents of the pack:

- a carton box containing one blister pack
- a carton box containing 3 blister packs

Each blister pack contains 28 film-coated tablets: 24 round pale yellow tablets with convex faces and "60" embossed on one face and "15" on the other face of the tablet, and 4 round white tablets with convex faces.
The box contains a carry pouch to protect the blister card you are using.

Not all pack sizes may be marketed.

Registration holder and address: Pfizer PFE Pharmaceuticals Israel Ltd., 9 Shenkar St., Herzliya Pituach 46725

Registration number of the medicine in the Ministry of Health's National Drug Registry: 122-57-30271

Revised in 09/2021 according to MOH guidelines.