

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

The medicine is dispensed with a doctor's prescription only

Gynera[®]

Coated Tablets

Each tablet contains:
Ethinylestradiol 0.03 mg
Gestodene 0.075 mg

Inactive ingredients and allergens in the preparation: See section 2 in the “Important information regarding some of the components of the medicine” subsection and section 6 “Further Information”.

Read this leaflet carefully in its entirety before using the medicine. This leaflet contains concise information about the medicine. If you have further questions, refer to the doctor or pharmacist.

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

ESSENTIAL INFORMATION ABOUT COMBINED HORMONAL CONTRACEPTIVES AND ABOUT THE MEDICINE

- When used properly, combined hormonal contraceptives are considered one of the most reliable reversible methods of contraception.
- They slightly increase the risk of a blood clot in the veins and arteries, especially in the first year or when resuming treatment with a combined hormonal contraceptive following a break of 4 or more weeks.
- You must be alert and refer to the doctor if you think you may have symptoms of a blood

clot (see “Blood clots” in section 2).

- If taken for prolonged periods, oral contraceptive pills may reduce your risk of cancer of the ovaries and womb.
- Oral contraceptive pills do not protect against sexually transmitted diseases, such as AIDS or chlamydia. Only a condom can help with this.
- This medicine may increase your risk of effects such as blood clots and breast cancer.
- Oral contraceptive pills are not suitable for some women due to their medical condition. Please read this leaflet to make sure Gynera is suitable for you.
- To prevent pregnancy, it is important to take Gynera as instructed and to start each new strip on time. Please make sure that you understand what to do if you miss a pill or if you think you are pregnant.

1) WHAT IS THE MEDICINE INTENDED FOR?

Gynera is intended to prevent pregnancy.

Therapeutic group: Gynera belongs to a group of medicines called combined pills (oral contraceptive pills) that contain 2 types of female hormones: estrogen (ethinylestradiol) and progestogen (gestodene). These hormones prevent pregnancy in 3 ways: by preventing release of an egg from the ovaries, thickening the secretions from the cervix, which makes it more difficult for sperm to enter the womb, and preventing thickening of the lining of the womb required for implantation of the egg.

- When used properly, oral contraceptive pills are considered one of the most reliable reversible methods of contraception.

- Oral contraceptive pills do not interrupt sexual intercourse.
- Oral contraceptive pills usually make regular, lighter and less painful periods.
- Oral contraceptive pills may relieve premenstrual symptoms.

2) BEFORE USING THE MEDICINE

Do not use the medicine if:

- you are sensitive (allergic) to gestodene or to ethinylestradiol or to any of the additional ingredients contained in the medicine. For the list of inactive ingredients, see section 6 “Further Information”.
- you have, or have ever had, a blood clot in a blood vessel in your legs (deep vein

thrombosis, DVT), lungs (pulmonary embolism, PE), in the heart (heart attack) or in other organs of the body.

- you know you have a blood clotting disorder (for instance, protein C deficiency, protein S deficiency, antithrombin-III deficiency, Factor V Leiden or antiphospholipid syndrome).
- you have to undergo surgery or if you are immobile for a long time (see “Blood clots” in section 2).
- you have had a heart attack or stroke in the past.
- 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 ischemic attack (TIA – temporary stroke symptoms).

- you have any of the following diseases that may increase your risk of a blood clot in the arteries:
 - severe diabetes with blood vessel damage
 - very high blood pressure
 - very high blood fat levels (cholesterol or triglycerides)
 - a medical condition characterized by high blood homocysteine levels (hyperhomocysteinemia)
- you are suffering, or have suffered in the past, from a type of migraine called “migraine with aura”.
- you have, or have ever had, breast cancer.

- you have had a severe liver disease in the past, and you have been told by the doctor that your liver functions are not yet back to normal.
 - you have, or have ever had, liver tumors.
- you have hepatitis C and are taking medicinal preparations containing ombitasvir/paritaprevir/ritonavir and dasabuvir or glecaprevir/pibrentasvir (also see in section “Drug interactions”).

If you are suffering from one of the above-mentioned conditions, or if you develop any of them for the first time, stop treatment and inform the doctor. The doctor will discuss with you other contraceptive methods that may suit you better.

Special warnings regarding use of the medicine:

- Before you start taking Gynera, read the information regarding blood clots further in this section. It is especially important that you read about the symptoms of blood clots detailed in section 2 “Blood clots”.
- Before starting treatment, or in order to make a decision about continuing treatment, it is important that you understand the advantages and disadvantages of oral contraceptive pills. Although oral contraceptive pills suit most healthy women, they do not suit everyone. Tell the doctor if you are suffering from the medical conditions or risk factors mentioned in this leaflet.
- If you need to have a blood test, inform the doctor that you are taking an oral contraceptive pill, since combined oral contraceptive pills can affect the results of certain tests.

When should you contact the doctor?

Seek urgent medical attention

- if you notice possible signs of a blood clot that may indicate the formation in your body of a blood clot in the leg (i.e., deep vein thrombosis), a blood clot in the lungs (i.e., pulmonary embolism), a heart attack or a stroke (see “Blood clots” in section 2).

For a description of the symptoms of these serious side effects, please see “How to recognize a blood clot” in section 2.

- Some of the conditions listed below may worsen when taking oral contraceptive pills, or they may indicate that Gynera is not suitable for you. You may still be able to take Gynera but it

will require closer monitoring by your doctor. **Before using Gynera, tell the doctor if one of the following conditions applies to you, develops or worsens while taking Gynera.**

- 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 (a blood clotting disorder causing kidney failure)
- If you have sickle cell anemia (an inherited disease of the red blood cells)
- If you are suffering from an inflammation of the pancreas (pancreatitis)
- If you suffer from elevated levels of fats in the blood (hypertriglyceridemia) or if you have a family history of this condition. Hypertriglyceridemia has been associated with an increased risk of developing pancreatitis

- If you need to undergo surgery, or you are immobile for a long time (see “Blood clots” in section 2)
- If you have recently given birth, you are at an increased risk of blood clots. Consult your doctor as to how soon after delivery can you start taking Gynera
- If you are suffering from an inflammation of the veins under the skin (superficial thrombophlebitis)
- If you suffer from varicose veins
- If you have diabetes
- If you or a close relative have ever had heart or circulation problems such as high blood pressure

- If you or a close relative have ever had blood clotting problems
- If you suffer from an inherited disease called porphyria
- If you are obese
- If you suffer from migraines
- If you have any illness that worsened during pregnancy or during previous use of oral contraceptive pills (see section 4 “Side Effects”)

Blood clots

Use of a combined hormonal contraceptive, such as Gynera, increases your risk of developing a blood clot compared with not using one. In rare cases, a blood clot can block blood vessels and cause serious problems.

Blood clots can develop:

- in veins (a condition called 'venous thrombosis', 'venous thromboembolism' or VTE)
- in the arteries (a condition called 'arterial thrombosis', 'arterial thromboembolism' or ATE)

Recovery from blood clots is not always complete. Rarely, there may be serious lasting effects or, very rarely, these may be life-threatening conditions.

It is important to remember that the overall risk of having a harmful blood clot due to use of Gynera is small.

How to recognize a blood clot

Seek urgent medical attention if you notice any of the following signs or symptoms.

Are you experiencing any of these signs?	What are you possibly suffering from?
<ul style="list-style-type: none">• Swelling of one leg or along a vein in the leg or foot, especially when accompanied by:<ul style="list-style-type: none">◦ pain or tenderness in the leg which may be felt only when standing or walking◦ increased warmth in the affected leg◦ change in color of the skin on the leg, e.g., turning pale, red or blue	Deep vein thrombosis

Are you experiencing any of these signs?	What are you possibly suffering from?
<ul style="list-style-type: none">• Sudden unexplained breathlessness or rapid breathing• Sudden cough without an obvious cause, which may bring up blood• Sharp chest pain which increases with deep breathing• Severe light-headedness or dizziness• Rapid or irregular heartbeat	Pulmonary embolism

Are you experiencing any of these signs?	What are you possibly suffering from?
<ul style="list-style-type: none">• Severe stomach pain <p>If you are unsure, talk to the doctor as some of these symptoms, such as coughing or being short of breath, may be mistaken for a milder condition such as a respiratory tract infection (e.g., the common cold).</p>	Pulmonary embolism

Symptoms which most commonly occur in one eye:

- Sudden loss of vision or
- Painless blurring of vision which can progress to loss of vision

Retinal vein thrombosis
(blood clot in the eye)

Are you experiencing any of these signs?	What are you possibly suffering from?
<ul style="list-style-type: none">• Chest pain, discomfort, pressure or heaviness• Sensation of squeezing or fullness in the chest, arm or below the breastbone• Fullness, choking feeling or indigestion• Upper body discomfort radiating to the back, jaw, throat, arm and stomach	Heart attack

Are you experiencing any of these signs?	What are you possibly suffering from?
<ul style="list-style-type: none"> • Sweating, nausea, vomiting or dizziness • Extreme weakness, anxiety, or shortness of breath • Rapid or irregular heartbeat 	Heart attack
<ul style="list-style-type: none"> • Sudden weakness or numbness of the face, arm or leg, especially on one side of the body • Sudden confusion, trouble speaking or understanding • Sudden trouble seeing in one or both eyes 	Stroke

Are you experiencing any of these signs?	What are you possibly suffering from?
<ul style="list-style-type: none"> • 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 <p>Sometimes, the symptoms of stroke can be brief with an almost immediate and full recovery, but you still must seek urgent medical attention, as you may be at risk of another stroke.</p>	Stroke

Are you experiencing any of these signs?	What are you possibly suffering from?
<ul style="list-style-type: none">• Swelling and slight blue discoloration of the extremities• Severe stomach pain	Blood clots blocking other blood vessels

If you are suffering from one of these conditions, refer to the doctor immediately. Stop taking Gynera until instructed otherwise by the doctor. In the meantime, use another method of contraception, such as a condom.

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, these side effects are rare and occur most frequently 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 could cause a deep vein thrombosis (DVT).
- If a blood clot travels from the leg and reaches the lung, a pulmonary embolism could form.
- 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 resume taking a combined hormonal contraceptive (the same medicine or a different medicine) after a break of 4 weeks or more.

After the first year, the risk declines, but will always be slightly higher than if you were not using a combined hormonal contraceptive.

When you stop using Gynera, your risk of developing a blood clot returns to a normal degree within a few weeks.

What is the risk of developing a blood clot?

The risk depends on your natural risk of developing venous thromboembolism (VTE) and on the type of combined hormonal contraceptive you are taking.

The overall risk of developing a blood clot in the leg or lungs (DVT or PE) with Gynera 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 Gynera, between about 9 to 12 women will develop a blood clot in a year.
- The risk of developing a blood clot will vary according to your personal medical history (see “Factors that increase your risk of developing a blood clot in a vein” in section 2).

	Risk of developing a blood clot in a year
Women who are not using a combined hormonal pill 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 Gynera	About 9-12 out of 10,000 women

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

The risk of developing a blood clot with Gynera is small, but some conditions will increase the risk. Your risk is higher:

- if you are very overweight (BMI over 30 kg/m²)
- if a member of your immediate family has had a blood clot in the leg, lung or other organ at a young age (e.g., below the age of 50). In such a case, you may have a hereditary blood clotting disorder
- if you need to undergo surgery, or if you are immobile for a long time because of an injury or illness, or if your leg is in a cast. The use of Gynera may need to be stopped at least 4 weeks before surgery or while you are less mobile. If you need to stop taking Gynera, ask your doctor when you can start using the medicine again

- with age (particularly above the age of about 35)
- if you gave birth within the past few weeks

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

Air travel (over 4 hours) may temporarily increase your risk of a blood clot, particularly if you have some of the other factors listed.

It is important to tell the doctor if one of these conditions applies to you, even if you are unsure. The doctor may decide that Gynera needs to be stopped.

If one of the above-mentioned conditions changes while you are using Gynera, for example, if a close family member experiences a thrombosis for no known reason, or if you gain a lot of weight, tell the doctor.

Blood clots in an artery

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

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

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

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

- with age (above the age of about 35)
- **if you smoke.** When using a combined hormonal contraceptive like Gynera, it is recommended that you stop smoking. If you are unable to stop smoking and are more

than 35 years old, 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 (less than about the age of 50). In this case, you may also have a higher risk of having a heart attack or stroke
- if you, or a member of your immediate family, have high blood fat levels (cholesterol or triglycerides)
- if you suffer from migraines, especially “migraine with aura”

- if you have a heart function problem (a heart valve disorder, a disturbance of heart rhythm called atrial fibrillation)
- if you have diabetes

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

If one of the above-mentioned conditions changes while you are using Gynera, for example, if you start smoking, a close family member experiences a thrombosis for no known reason, or you gain a lot of weight, tell your doctor.

Oral contraceptive pills and cancer

While high-dosage oral contraceptive pills reduce the risk of developing cancer of the ovaries and womb in long-term use, it is not clear whether low-dosage oral contraceptive pills like Gynera also provide the same protective effect. However, it also seems that taking oral contraceptive pills slightly increases the risk of developing cancer of the cervix – although this may be due to having sexual intercourse without a condom more than due to the use of oral contraceptive pills. It is recommended that all women routinely have Pap smear tests performed.

If you have breast cancer, or have had it in the past, use of oral contraceptive pills is not recommended. Oral contraceptive pills slightly increase your risk of breast cancer. This risk continues to rise for as long as you are taking oral contraceptive pills, but returns to normal

within about 10 years of stopping. Because breast cancer is rare in women under the age of 40, the extra cases of breast cancer diagnosed in current and recent oral contraceptive pill users is small. For example:

- Out of 10,000 women who have never taken oral contraceptive pills, about 16 will have breast cancer by the time they are 35 years old.
- Out of 10,000 women who took oral contraceptive pills for 5 years in their early twenties, about 17-18 will have breast cancer by the time they are 35 years old.
- Out of 10,000 women who have never taken oral contraceptive pills, about 100 will have breast cancer by the time they are 45 years old.

- Out of 10,000 women who took oral contraceptive pills for 5 years in their early thirties, about 110 will have breast cancer by the time they are 45 years old.

Your risk of breast cancer is higher:

- if you have a close relative (mother, sister or grandmother) who has had breast cancer.
- if you are seriously overweight.

Refer to the doctor immediately if you notice changes in your breasts, such as dimpling of the skin, changes in the nipple or any lumps you can see or feel.

Taking oral contraceptive pills has also been linked to liver diseases, such as jaundice and non-cancerous liver tumors, but these cases are rare. In rarer cases, oral contraceptive pills have been linked with some forms of liver cancer in women who have taken the medicine for a long time.

Refer to a doctor immediately if you experience severe stomach pain or yellowing of the skin or whites of the eyes (jaundice). You may need to stop taking Gynera.

Psychiatric disorders

Some women using hormonal contraceptives including Gynera have reported depression or depressed mood. Depression may 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.

Smoking

If you smoke, tell the doctor before starting treatment with this medicine.

The risk of arterial thrombosis and serious cardiovascular side effects associated with oral contraceptive pills increases with age. This risk is higher in women who smoke large numbers of cigarettes, especially if they are over 35 years of age. Therefore, smoking is not recommended when using an oral contraceptive pill.

If you cannot stop smoking and you are over 35 years of age, your doctor may recommend that you use a different type of contraceptive method.

Tests and follow-up

- Before beginning use of an oral contraceptive pill, the doctor will ask you about your and your family's medical history, will check your blood pressure and will rule out any

possibility of pregnancy. Additional tests, such as a breast examination, may be necessary, but only if you need to have these tests performed or if you have specific concerns.

- During the course of treatment, you should have regular check-ups with your doctor, including a Pap smear test.
- Check every month if there have been changes in your breasts and nipples; inform the doctor if you notice or feel any change, such as lumps or dimples in the skin.
- Before surgery, verify that the doctor knows you are taking Gynera. You may be asked to stop taking the pill at least 4 weeks before the surgery. This is to lower the risk of a blood clot (see “Blood clots” in section 2). The doctor will tell you when you can resume taking pills.

Drug interactions

If you are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or pharmacist. It is particularly important to inform the doctor or pharmacist if you are taking any of the following medicines that may impact Gynera levels in the blood, thereby impairing its action:

- **medicines used to treat epilepsy**, such as barbiturates, primidone, phenytoin, carbamazepine, oxcarbazepine, topiramate
- **some medicines used to treat AIDS (HIV) and hepatitis C** (called protease inhibitors and non-nucleoside reverse transcriptase inhibitors), such as ritonavir, nelfinavir, nevirapine
- **griseofulvin** to treat fungal infections

- CYP3A4 enzyme inhibitors, such as itraconazole, voriconazole and fluconazole (used to treat fungal infections) and antibiotics of the macrolide group (such as erythromycin) that may increase the levels of estrogen and/or progestogen in the blood
- **certain antibiotics** to treat infectious diseases, such as rifampicin
- **the herbal preparation St. John's wort** (*Hypericum*) to treat depressed moods
- etoricoxib (anti-inflammatory and painkiller)
- medicines whose blood concentrations may be increased when used with Gynera – cyclosporine, tizanidine, theophylline
- medicines whose blood concentrations may be reduced when used with Gynera – lamotrigine

If you are taking one of the above-mentioned medicines, Gynera may not be suitable for you and you will need to use an extra contraceptive method for a while. The doctor or pharmacist will instruct you if this is necessary and for how long.

In addition, it is recommended that you check the leaflets of the medicines you are taking to see if they can be used concomitantly with hormonal contraceptives.

Moreover, Gynera may also affect the effectiveness of other medicines. Your doctor may adjust the dosage of the medicines you are taking concomitantly with Gynera.

Do not use Gynera if you have hepatitis C and are taking medicinal preparations containing ombitasvir/paritaprevir/ritonavir and dasabuvir or 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 starting treatment with these medicinal

products. Gynera use can be resumed approximately 2 weeks after completion of treatment. See “Do not use the medicine if” section.

Use of the medicine and food

The medicine can be taken on an empty stomach or with food.

Pregnancy and breastfeeding

Do not use Gynera if you are pregnant.

If you think you might be pregnant, perform a pregnancy test before you stop taking the medicine.

Gynera use while breastfeeding may lead to a reduced volume of produced milk and to a change in its composition. Small amounts of the active ingredients are secreted in the breast

milk; these amounts may affect the baby, especially during the first 6 weeks after delivery. If you are breastfeeding, your doctor may advise you not to take Gynera. The doctor will be able to help you choose an alternative contraceptive method. Breastfeeding does not prevent you from becoming pregnant.

Driving and use of machines

Gynera has no known effect on the ability to drive and operate machinery.

Important information regarding some of the components of the medicine

Gynera contains lactose and sucrose. If you have been told by the doctor that you have intolerance to some sugars, consult the doctor before starting treatment with Gynera.

This medicine contains less than 1 mmol sodium (23 mg) per tablet, i.e., it is considered to be essentially “sodium-free”.

3) HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the doctor's instructions. Check with the doctor or pharmacist if you are uncertain regarding the dosage and treatment regimen of the preparation.

- The dosage and treatment regimen will be determined by the doctor only. The usual dosage is generally one tablet per day, at a set time, for 21 days. After 21 days of taking the tablets, take a 7-day break.

Do not exceed the recommended dose.

- Mode of administration

Swallow the tablet whole, with water if necessary.

Do not crush/halve/chew so as not to damage the tablet coating.

- Duration of treatment

Take Gynera every day for 21 days.

Each Gynera strip has 21 tablets. The day of the week and an arrow pointing you in the direction of progression are marked on the back of the strip, on the back of each tablet. Start by taking the tablet marked with the correct day of the week. Continue taking the tablets in the direction of the arrows, until you have finished the strip.

Take a 7-day break

After 21 days of taking the tablets, take a 7-day break. So, if you took the last tablet of the strip on a Friday, take the first tablet of the next strip on the Saturday of the following week. Within a few days of taking the last tablet, you will have menstrual bleeding. The bleeding may still not have stopped when you start a new strip of pills.

There is no need for an extra contraception during the 7-day break – as long as you have taken the tablets as per the instructions and started a new strip on time.

Start a new strip

Start a new strip – even if the menstrual bleeding has not yet stopped. Always start the new strip on time.

As long as you take Gynera as per the instructions, you will always start a new strip on the same day of the week.

- Starting use of Gynera

Starting Gynera for the first time or after discontinued use

It is recommended to take the first tablet on the first day of your period. In this way, you will have contraceptive protection starting from the first tablet.

Switching to Gynera from another oral contraceptive pill

- **If you are currently taking a 21-day Pill:** Start Gynera the day after you finish the other oral contraceptive pill. This way, you will have contraceptive protection from the first tablet. Menstrual bleeding will only occur after finishing the strip of Gynera.

- **If you are currently taking a 28-day Pill:** Start taking Gynera the day after taking the last active tablet from the previous strip. This way, you will have contraceptive protection from the first tablet. Menstrual bleeding will only occur after you finish taking the strip of Gynera.
- **If you are taking a progestogen-only Pill (POP):** Start taking Gynera on the first day of menstrual bleeding, even if you have already taken the progestogen-only pill for that day. This way, you will have contraceptive protection immediately.

Starting Gynera after a miscarriage or abortion

If you have had a miscarriage or an abortion **during the first three months of pregnancy**, your doctor may tell you to start taking Gynera immediately. In this case, you will have

contraceptive protection from the first tablet.

If you have had a miscarriage or an abortion **after the third month of pregnancy**, consult the doctor. You may need to use an extra method of contraception, such as a condom, for a short time.

Using contraceptives after having a baby

If you have recently had a baby, the doctor will advise you to take Gynera 21 days after delivery, provided that you are fully mobile.

There is no need to wait for a period. You will need to use another method of contraception, such as a condom, until you start using Gynera and for the first 7 days of use.

If you accidentally take a higher dosage

It is unlikely that taking more than one tablet will cause harm, but you may feel nauseous, vomit or have vaginal bleeding. Such bleeding may also occur in girls who have never menstruated and accidentally took the medicine. Consult the doctor if you experience any of these symptoms.

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

If you forget to take the medicine

If the delay in taking the tablet is less than 12 hours, take the tablet as soon as possible

and continue taking the rest of the tablets as usual. This may mean taking 2 tablets in one day. Do not worry – your contraceptive protection has not been reduced.

If the delay in taking the tablet is more than 12 hours, or you have missed more than one tablet, your contraceptive protection may be reduced.

- Take the most recently missed tablet as soon as possible, even if it means taking 2 tablets at once. Leave any earlier missed tablets in the strip.
- Continue to take one tablet a day for the next 7 days at the usual time.
- If you finish a strip during these 7 days, start a new strip without taking a 7-day break. You probably won't have menstrual bleeding until after you finish the second strip, but there is no need to worry. If you have finished the second strip and menstrual bleeding

has not yet occurred, perform a pregnancy test before starting another strip.

- Use an additional contraceptive method, such as a condom, for the 7 days after missing a tablet.
- If you have missed one or more tablets from the first week of your strip (days 1-7) and you had sexual intercourse in that week, you might be pregnant. Consult the doctor as soon as possible. The doctor will advise you regarding emergency contraception.

If you forgot to take a tablet, and menstrual bleeding does not occur in the pill-free break, you may be pregnant. Contact the doctor as soon as possible, or take a home pregnancy test.

If you started a new strip late, or you extended the break beyond 7 days, you may not be protected from pregnancy.

If you had sexual intercourse in the last 7 days, consult the doctor. You may need emergency contraception. You should also use extra contraception, such as a condom, for the next 7 days.

If you lost a tablet

Act according to one of the following 2 options:

Take the last tablet of the strip in place of the lost tablet. Continue taking all the other tablets on their proper days. Your menstrual cycle will be one day shorter than normal, but your contraceptive protection won't be impaired. After the 7-day break, you will have a new starting day, one day earlier than the previous strip.

Or, if you have an extra strip and you do not want to change the starting day of your menstrual cycle, take a tablet from that extra strip. Continue taking all the other tablets from your current strip as usual. You can then keep the opened strip as a spare strip, in case you lose any more tablets.

In the event of vomiting or diarrhea

If you are suffering from vomiting or severe diarrhea within 4 hours of taking a tablet, there is no guarantee that the daily tablet will be fully absorbed from the digestive system. If you get better within 12 hours of taking Gynera, follow the instructions in this section “If you lost a tablet”, which describes how to take another tablet.

If you are suffering from vomiting or diarrhea for more than 12 hours after taking a tablet, follow the instructions in this section “If you forget to take the medicine”.

Tell the doctor if the digestive disturbances carry on or get worse. The doctor may recommend another method of contraception.

A missed a period – could you be pregnant?

Occasionally, you may not have menstrual bleeding. This could mean that you are pregnant, but it is very unlikely if you have taken the tablets as per the instructions. Start the next strip at the normal time. If you think there is a chance you are pregnant (for example, if you missed a tablet or you took other medicines concomitantly), or if you miss a second

menstrual bleed, you should take a home pregnancy test. If you are pregnant, stop taking Gynera and refer to the doctor.

When you want to get pregnant

If you are planning a baby, it is recommended to use another method of contraception after stopping Gynera until you have a period. Your doctor will rely on the date of your last natural period to predict when your baby is due. However, it will not cause you or your baby any harm if you get pregnant straight away.

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

If you have further questions regarding use of the medicine, consult the doctor or pharmacist.

4) SIDE EFFECTS

As with any medicine, use of Gynera may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not suffer from any of them.

If you have one or more of the side effects, especially if it is severe or prolonged, or if there is a change in your health that you think can be related to Gynera, inform your doctor.

An increased risk of blood clots in the veins (venous thromboembolism [VTE]) or blood clots in the arteries (arterial thromboembolism [ATE]) exists in all women using combined

hormonal contraceptives. For more detailed information on the different risks from taking combined hormonal contraceptives, see section 2 “Before using the medicine”.

Serious side effects – refer to a doctor immediately

Rare side effects – effects that occur in 1-10 out of 10,000 users

- harmful blood clots in a vein or artery, for example:
 - in a leg or foot (DVT)
 - in a lung (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 eyes

The risk of developing a blood clot may be higher if you have any of the other conditions that increase this risk (for more information on the risk factors for blood clots, see section 2).

Signs of a blood clot (see in section 2 “Blood clots”)

Signs of a severe allergic reaction or worsening of hereditary angioedema:

- swelling of the hands, face, lips, mouth, tongue or throat. Swelling of the tongue or throat may lead to difficulty swallowing and breathing
- a red bumpy rash (hives) and itching

Signs of breast cancer include:

- dimpling of the skin
- changes in the nipple
- lumps you see or feel

Signs of cancer of the cervix include:

- vaginal discharge that smells and/or contains blood
- unusual vaginal bleeding
- pelvic pain
- painful sexual intercourse

Signs of severe liver problems include:

- severe pain in the upper abdomen
- yellowing of the skin or the whites of the eyes (jaundice)
- hepatitis
- itching all over the body

If you have one of the above-mentioned effects, refer to a doctor immediately. The doctor may instruct you to stop taking Gynera.

Additional side effects, less serious

Common side effects – effects that occur in 1-10 out of 100 users

- nausea

- stomachache
- putting on weight
- headache
- mood swings or depressive moods
- sore or painful breasts

Uncommon side effects – effects that occur in 1-10 out of 1,000 users

- vomiting and stomach upset
- fluid retention
- migraine
- decreased libido

- breast enlargement
- rash, which may be itchy

Rare side effects – effects that occur in 1-10 out of 10,000 users

- intolerance to contact lenses
- losing weight
- increased libido
- vaginal or breast discharge

Other side effects reported

- **Breakthrough bleeding (spotting and light bleeding)** may occur for the first few months.

This breakthrough bleeding will usually stop once your body has adjusted to Gynera. If the bleeding is heavy, prolonged or resumes, refer to the doctor (see in section 4 “Breakthrough bleeding”).

- **Chloasma** (yellow-brown patches on the skin). These patches can appear even after use of Gynera for a number of months. The incidence of chloasma can be reduced by avoiding sunlight or UV radiation.
- Occurrence or deterioration of the movement disorder called **chorea**
- **Ulcerative colitis**
- **Medical conditions that may worsen during pregnancy or previous use of the medicine:**
 - **yellowing of the skin** (jaundice)

- **persistent itching** (pruritus)
- **kidney or liver function problems**
- **gallstones**
- rare medical conditions such as **systemic lupus erythematosus**
- **blister-like rash** (herpes gestationis) whilst pregnant
- inherited deafness of the otosclerosis type
- **Crohn's disease**
- if you, or someone in your family, have **sickle cell anemia**
- **swelling of body parts** (hereditary angioedema)
- an inherited disease called **porphyria**

- **cancer of the cervix**

Breakthrough bleeding

Some women taking Gynera have light bleeding or spotting between periods, especially during the first few months of treatment. Normally, this bleeding will stop after a day or two and is nothing to worry about. Keep taking Gynera as usual. The effect will most likely disappear after using a few strips.

Breakthrough bleeding can also occur due to irregular use of Gynera; therefore, be sure to take the pill at the same time every day. Also, breakthrough bleeding can be due to use of other medicines.

Consult the doctor if you get breakthrough bleeding or spotting that:

- carries on for more than a few months.
- started after you have been taking Gynera for a while.
- carries on even after you have stopped taking Gynera.

If a side effect occurs, if one of the side effects worsens, or if you suffer from a side effect not mentioned in the leaflet, consult the doctor.

Side effects can be reported to the Ministry of Health by clicking on the link “Report Side Effects of Drug Treatment” found on the Ministry of Health homepage (www.health.gov.il) that directs you to the online form for reporting side effects, or by entering the link:

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

5) HOW SHOULD THE MEDICINE BE STORED?

- Avoid poisoning! This medicine and any other medicine must be kept in a safe 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 the doctor.
- Do not use the medicine after the expiry date (exp. date) that appears on the package. The expiry date refers to the last day of that month.
- Do not store at a temperature that exceeds 25°C. Protect from light.
- Do not discard medicines into the waste bin. Ask the pharmacist what to do with medicines you no longer need; this way, you will help protect the environment.

6) FURTHER INFORMATION

- In addition to the active ingredients, the medicine also contains:
Lactose monohydrate, sucrose, maize starch, calcium carbonate, talc, macrogol 6000, povidone 25, magnesium stearate, povidone 90, sodium calcium edentate, montanglycol wax.
Each tablet contains 37.43 mg lactose monohydrate and 19.66 mg sucrose.
- What the medicine looks like and the contents of the package
White, coated, round tablets. The tablets are provided in trays (blisters) in strips of 21 tablets. Each package contains 1, 3 or 6 strips. Each tablet is marked with a day of the week.

Not all package sizes may be marketed.

- Registration holder and address: Bayer Israel Ltd., 36 Hacharash St., Hod Hasharon 4527702.
- Manufacturer and address: Bayer AG., Berlin, Germany.
- Revised in September 2021 according to MOH guidelines.
- Registration number of the medicine in the National Drug Registry of the Ministry of Health: 050 51 25622 00

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