

This medicine can be sold with a physician's prescription only

## FLORET® , Tablets

Each tablet contains: Ethinylestradiol 0.03 mg and Gestodene 0.075 mg.

Inactive ingredients and allergens in the medicine - see section 6 "Additional information" and in section 2 "Important information about some of the ingredients of this medicine".

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

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if you think 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, particularly in the first year or when restarting a combined hormonal contraceptive after a break of 4 weeks or more.

•You must be alert and refer to a doctor if you think you have symptoms of a blood clot (see in section 2 "Blood clots").

•If taken in the long term, contraceptive pills may reduce your risk of ovarian and uterine cancer.

•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 for effects such as blood clots and breast cancer.

•Contraceptive pills may not be suited for some women due to their medical condition. Please read the leaflet in order to make sure that **Floret** is right for you.

•To prevent pregnancy, it is important to take **Floret** according to the instructions and start a new package on time. Please make sure you understand what you have to do if you forget a tablet or if you think you are pregnant.

### 1. What is the medicine intended for?

**Floret** is intended for contraception.

**Therapeutic group:** **Floret** belongs to a group of medicines called combined pills (contraceptive pills) that contain 2 types of female hormones: estrogen (ethinylestradiol) and progestogen (gestodene).

These hormones prevent pregnancy in 3 ways: by preventing the release of an egg from the ovary, thickening of the secretion from the cervix, which makes it more difficult for the sperm to penetrate the uterus and preventing thickening of the uterus lining required for the implantation of the egg.

•When used properly, contraceptive pills are considered one of the most reliable

- reversible methods of contraception.
- Contraceptive pills do not interrupt sex.
- Contraceptive pills usually make your periods regular, lighter and less painful.
- Contraceptive pills may relieve premenstrual symptoms.

### 2. Before using the medicine Do not use the medicine if:

- you are hypersensitive (allergic) to gestodene or ethinylestradiol or to any of the other ingredients this medicine contains (see section 6).
- you are pregnant or there is a chance you might be pregnant.
- you suffer or have suffered in the past from a blood clot in the blood vessels in your legs (deep vein thrombosis, DVT), your lungs (pulmonary embolism, PE), the heart (heart attack) or in other organs.
- you know you have a blood clotting disorder (for example, protein C deficiency, protein S deficiency, antithrombin-III deficiency, Factor 5 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 suffered in the past from a heart attack or stroke.
- you suffer or have suffered in the past from angina pectoris (a condition that causes severe chest pain and may be a first sign of a heart attack) or a transient ischemic attack (TIA - temporary stroke symptoms).
- you suffer from any of the following diseases which may increase your risk of a blood clot in the arteries:
  - Severe diabetes with blood vessels damage
  - Very high blood pressure
  - Very high blood lipid levels (cholesterol or triglycerides)
  - A medical condition characterized by high blood homocysteine levels (hyperhomocysteinemia)
- you suffer 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 suffered in the past from a severe liver disease, and you have been told by the doctor that your liver functions are not yet back to normal.
- you suffer or have suffered in the past from liver tumors.
- You have hepatitis C and are taking the medicinal products containing ombitasvir/partaprevir/ritonavir and dasabuvir (see also in section "Drug interactions").

If you suffer from one of the conditions mentioned above, or if one of them appears for the first time, stop treatment and tell the doctor. The doctor will talk with you about other contraceptives that may be more suitable for you.

**Special warnings regarding the use of the medicine:**

- Before you start taking **Floret**, read the information regarding blood clots further in this section. It is especially important to read what are the symptoms of a blood clot as detailed in section 2 "Blood clots".
- It's important that you understand the advantages and disadvantages of taking contraceptive pills before you start taking them, or when deciding whether to carry on taking them. Although contraceptive pills are suitable for most healthy women, they aren't suitable for everyone. Tell your doctor if you have any of the medical conditions or risk factors mentioned in this leaflet.
- If you need a blood test, notify the doctor you are taking a contraceptive pill, since combined contraceptive pills can affect the results of certain tests.

When should you refer to the doctor?  
**Seek urgent medical attention**  
If you notice possible signs of a blood clot that may mean you are suffering from a blood clot in the leg (i.e. deep vein thrombosis), a blood clot in the lungs (i.e. pulmonary embolism), heart attack or stroke (see in section 2 "blood clots").  
For a description of the symptoms of these severe side effects, please see in section 2 "How to identify a blood clot".

- Some of the conditions mentioned below may worsen while taking contraceptive pills, or they may indicate that **Floret** is not suitable for you. You may be able to use **Floret** but it will require closer monitoring by your doctor. **Before using Floret, tell the doctor if one of the following conditions applies to you, develops or worsens while taking Floret.**
  - 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 (a hereditary disease of the red blood cells)
  - If you are suffering from an inflammation of the pancreas (pancreatitis)
  - If you suffer from elevated blood lipid levels (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 you can start taking **Floret**
  - If you are suffering from an inflammation in the veins under the skin (superficial thrombophlebitis)
  - If you suffer from varicose veins
  - If you have diabetes
  - If you or a close family member have ever had heart or circulation problems such as high blood pressure
  - If you or a close family member have ever had blood clotting problems
  - If you suffer from a hereditary 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 contraceptive pills (see section 4 "Side effects")

### Blood clots

Using a combined hormonal contraceptive, such as **Floret**, 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 severe problems.

Blood clots can develop:

- In veins (a condition called "venous thrombosis", "venous thromboembolism" or VTE).
- In arteries (a condition called "arterial thrombosis", "arterial thromboembolism" or ATE).

Recovery from blood clots is not always complete. Rarely, there may be severe prolonged effects or very rarely, there may be life threatening conditions.

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

### How to identify a blood clot

**Seek urgent medical attention** if you notice one of the following signs or 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: <ul style="list-style-type: none"><li>◦ pain or tenderness in the leg which may be felt only when standing or walking</li><li>◦ increased warmth in the affected leg</li><li>◦ change in color of the skin on the leg e.g., turning pale, red or blue</li></ul>	Deep vein thrombosis

• Sudden unexplained shortness of breath or rapid breathing	Pulmonary embolism
• 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	
• Severe stomach pain	
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., a common cold).	
Symptoms which most commonly occur in one eye: <ul style="list-style-type: none"><li>• Sudden loss of vision or</li><li>• Painless blurring of vision which can progress to loss of vision</li></ul>	Retinal vein thrombosis (blood clot in the eye)
• Chest pain, discomfort, pressure or heaviness	Heart attack
• Sensation of squeezing or fullness in the chest, arm or below the chestbone	
• Fullness, choking feeling or indigestion	
• 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	
• Sudden weakness or numbness of the face, arm or leg, especially on one side of the body	Stroke
• Sudden confusion, difficulty speaking or understanding	
• Sudden difficulty seeing in one or both eyes	
• Sudden difficulty 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 still must seek urgent medical attention, as you may be at risk of another stroke.	
• Swelling and slight blue discoloration of the extremities	Blood clots blocking other blood vessels
• Severe stomach pain	

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

### Blood clots in a vein

**What could happen if a blood clot forms in a vein?**

•The use of combined hormonal contraceptives has been associated with an increase in the risk of blood clots formation in the vein (venous thrombosis). However, these side effects are rare and occur mainly 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 deep vein thrombosis (DVT).

•If a blood clot travels from the leg and reaches the lung, a pulmonary embolism could form.

•Rarely, a blood 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 medicine or a different medicine) after a break of 4 weeks or more.

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

When you stop using **Floret**, your risk of developing a blood clot returns to a normal level 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 **Floret** 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 **Floret**, between about 9-12 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).

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

The risk of developing a blood clot with **Floret** is small but certain conditions will increase the risk. Your risk is higher:

- if you are very overweight (BMI over 30 kg/m<sup>2</sup>)
- 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 **Floret** may need to be stopped several weeks before surgery or while you are less mobile. If you need to stop taking **Floret**, ask your doctor when you can start using the medicine again
- with age (particularly over the age of approximately 35)
- if you gave birth within the past few weeks

The risk of developing a blood clot increases if more of these conditions apply to you.

A flight (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 you should stop taking **Floret**.

If one of the conditions listed above changes while using **Floret**, for example if one of your close family members suffers from thrombosis for an unknown 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 the artery may cause severe 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 due to the use of **Floret** is very low, but may increase:

- with age (beyond about 35 years)
- if you smoke. When using a combined hormonal contraceptive like **Floret**, it is recommended that you stop smoking. If you are unable to stop smoking and are older than 35 years of age, 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 50 years). In such case, you may also have a higher risk of having a heart attack or a stroke
- if you, or a member of your immediate family, have high blood lipid 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 heart rhythm disturbance 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 conditions listed above changes while using **Floret**, for example, if you start smoking, a close family member suffers from thrombosis for an unknown reason or if you gain a lot of weight, tell your doctor.

### Contraceptive pills and cancer

While high-dosage contraceptive pills reduce the risk of developing ovarian and uterine cancer in long term use, it is unclear whether low-dosage contraceptive pills, such as **Floret**, will lead to the same protective effect. However, it also seems that taking contraceptive pills slightly increases the risk of cervical cancer - although this may be due to having sex without a condom rather than the use of contraceptive pills. It is recommended for all women to routinely have a Pap test performed.

If you suffer or have suffered in the past from breast cancer, it is recommended not to use contraceptive pills. Contraceptive pills slightly increase your risk of breast cancer, the risk exists as long as you take contraceptive pills, but returns to normal within 10 years of stopping it. Since breast cancer is rare in women under 40 years of age, the number of additional cases of women diagnosed, who take or have recently taken contraceptive pills, is small. For example:

- Out of 10,000 women who have never taken contraceptive pills, approximately 16 will have breast cancer by the time they are 35 years old.
- Out of 10,000 women who took contraceptive pills for 5 years in their early twenties, approximately 17-18 will have breast cancer by the time they are 35 years old.
- Out of 10,000 women who have never taken contraceptive pills, approximately 100 will have breast cancer by the time they are 45 years old.
- Out of 10,000 women who took contraceptive pills for 5 years in their early thirties, approximately 110 will have breast cancer by the time they are 45 years old.

Your risk of having breast cancer increases:

- if you have a family member (mother, sister or grandmother) that had breast cancer.
- if you suffer from severe obesity.

Refer to the doctor immediately if you notice changes in your breasts, such as dimpled skin, changes in the nipple or if you notice or feel lumps.

Taking contraceptive pills has been associated with liver diseases, such as jaundice and non-cancerous liver tumors, but these cases are rare. Rarely, contraceptive pills have been associated with certain types of liver cancer in women who have taken the medicine for a long time.

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

### Psychiatric disorders

Some women using hormonal contraceptives including **Floret** have reported depression or depressive mood. Depression can be serious and sometimes lead to suicidal thoughts. If

you experience mood changes and symptoms of depression, contact your doctor for further medical advice as soon as possible.

### Smoking

If you smoke, inform the doctor before commencing treatment with this medicine. The risk of arterial thrombosis and serious cardiovascular side effects associated with contraceptive pills, increases with age. This risk is higher in women who smoke many cigarettes, especially if they are over 35 years of age. Therefore, it is recommended not to smoke while using a contraceptive pill.

If you are unable to stop smoking and you are over 35 years of age, your doctor may recommend you use a different type of contraception.

### Tests and follow up

•Before you start using a contraceptive pill, the doctor will ask you about your and your family's medical history, check your blood pressure and rule out the possibility of you being pregnant.

•Additional tests, such as a breast examination, may be necessary, but only if you need to have these tests performed or if you have any special concerns.

•During the course of treatment, you should have regular check-ups with your doctor, including a Pap test.

•Check every month if there have been changes in your breasts and nipples. Tell the doctor if you notice or feel any change such as lumps or dimples in the skin.

•Before surgery, make sure the doctor knows that you are taking **Floret**. You may be asked to stop taking the pill 4-6 weeks before the surgery. This is to lower the risk of a blood clot (see "Blood clots" in section 2). The doctor will instruct you when you can resume taking the pill.

### Drug interactions

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

Tell the doctor or pharmacist especially if you are taking any of the following medicines which may affect **Floret** levels in the blood and thereby impair its activity:

- medicines for treatment of epilepsy such as barbiturates, primidone, phenytoin, carbamazepine, oxcarbazepine, topiramate
- certain medicines for treatment of AIDS (HIV) and hepatitis C (called protease inhibitors and non-nucleoside reverse transcriptase inhibitors) such as ritonavir, nelfinavir, nevirapine.
- griseofulvin for the treatment of fungal infections
- CYP3A4 protein inhibitor such as itraconazole, voriconazole and fluconazole (for treatment of fungal infections) and macrolide antibiotics (such as erythromycin) which may elevate estrogen and/or progestogen levels in the blood.
- certain antibiotics for treatment of infectious diseases such as rifampicin
- the herbal preparation St John's wort (hypericum) for treatment of depressive mood
- etoricoxib (anti-inflammatory and analgesic)
- medicines that may have increased concentrations in the blood when used with **Floret** – ciclosporin, tizanidine, theophylline
- medicines that may have decreased concentrations in the blood when used with **Floret** – Lamotrigine

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

Additionally, 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.

In addition, **Floret** may also affect the efficacy of other medicines. Your doctor may adjust the dosage of the medicines you are taking concomitantly with **Floret**.

Do not use **Floret** if you have hepatitis C and are taking medicinal products containing ombitasvir/partaprevir/ritonavir and dasabuvir as this may cause an increase in liver function blood test results (increase in ALT liver enzyme). Your doctor will prescribe another type of contraception before starting treatment with these medicinal products. **Floret** can be restarted approximately 2 weeks after completion of treatment. See section "Do not use the medicine if".

### Use of this medicine and food

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

### Pregnancy and breastfeeding

Do not use **Floret** if you are pregnant.

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

Using **Floret** while breastfeeding may decrease breast milk volume and alter its composition. Very small amounts of the active ingredients are excreted into breast milk; these quantities may affect the baby, especially during the first 6 weeks after childbirth.

If you are breastfeeding, your doctor will advise you not to take **Floret**. The doctor could help you choose an alternative method of contraception. Breastfeeding may not stop you getting pregnant.

### Driving and using machines

**Floret** has no known effect on the ability to drive and operate machines.

### Important information about some of the ingredients of this medicine

**Floret** contains lactose and sucrose. If you have been told by the doctor that you have an intolerance to certain sugars, consult the doctor before starting treatment with **Floret**.

### 3. How to use this medicine

Always use this medicine according to the doctor's instructions. Check with the doctor or pharmacist if you are not sure about the dosage and the manner of treatment with the medicine. The dosage and manner of treatment will be determined by the doctor only. The usual recommended dosage is one tablet per day, at the same time, for 21 days. After 21 days of taking the tablets, take a 7-day break.

### Do not exceed the recommended dose.

### Method of administration

Swallow the pill with some water. Do not crush/have/chew the pill as these actions may interfere with the absorption of the active ingredients of the pill and thus impair its efficacy.

### Duration of treatment

#### Take Floret every day for 21 days.

A **Floret** package has 21 tablets. Each tablet is marked on the blister with the day of the week and an arrow indicating the direction of progress. 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 finish the package.

#### 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 package on a Friday, take the first tablet of the next package 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 package of pills.

There is no need for extra contraception during the 7-day break, if you have taken the tablets as per the instructions and started the new package on time.

#### Start a new package

Start a new package - even if the menstrual bleeding has not yet stopped. Always start a new package on time. As long as you use **Floret** as per the instructions, you will always start a new package on the same day of the week.

#### Starting to use Floret

**Taking Floret for the first time or after discontinued use**

It is recommended to take the first tablet on the first day of menstrual bleeding. This way, you will have contraceptive protection starting from the first tablet.

#### Switching to Floret after using another contraceptive pill

- **If you are currently taking a pill of a 21-pill package:** start **Floret** a day after you have finished taking the other contraceptive pill. This way you will have contraceptive protection from the first tablet. Menstrual bleeding will occur only after finishing a **Floret** package.
- **If you are currently taking a pill of a 28-pill package:** start **Floret** the day after taking the last active tablet from the other package. This way, you will have contraceptive protection from the first tablet. Menstrual bleeding will only occur after you finish the **Floret** package.
- **If you are taking a progestogen-only pill (POP):** start taking **Floret** on the first day of menstrual bleeding, even if you have already taken a progestogen pill that day. This way you will have immediate contraceptive protection.

#### Starting Floret after a miscarriage or an abortion

If you have had a miscarriage or an abortion during the first three months of pregnancy, your doctor may instruct you to take **Floret** immediately, and 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 additional contraceptive method such as a condom for a short time.

#### Using contraceptives after childbirth

If you have given birth recently, the doctor will instruct you to take **Floret** 21 days after childbirth provided that you are completely mobile. There is no need to wait for the menstrual bleeding. You should use an additional contraceptive, such as a condom, until you start taking **Floret** and during the first 7 days of use.

#### If you have accidentally taken a higher dosage

It is unlikely that taking more than one tablet will cause damage, however nausea, vomiting or vaginal bleeding may occur. This bleeding can occur in girls who have not yet started to menstruate and have accidentally taken the medicine. Consult the doctor if you experience one of these symptoms.

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

#### If you forgot to take the medicine

**If the delay in taking one tablet is less than 12 hours,** take the tablet as soon as possible and continue taking the rest of the tablets as usual. It may mean taking two tablets on the same day. Do not worry - your contraceptive protection has not been impaired.

**If the delay in taking one tablet is more than 12 hours,** or you forgot more than one tablet, your contraceptive protection may have been impaired.

- Take the last tablet you forgot as soon as possible, even if it means taking two tablets together. If you forgot previous tablets, leave them in the package.
- Continue to take one tablet a day for the next 7 days at the usual time.
- If you finish a package during these 7 days, start a new package without taking a 7-day break.

You probably will not have menstrual bleeding until after you finish the second package, but there is no need to worry. If you have finished the second package and menstrual bleeding has not yet occurred, perform a pregnancy test before starting another package.

• Use an additional contraceptive method, such as a condom, during the 7 days after missing a tablet.

• If you have missed one or more tablets from the first week of the package (days 1 to 7) and you had sex during 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 during the following break days, you might be pregnant. Contact the doctor as soon as possible, or perform a home pregnancy test.

If you started a new package late, or you extended the break beyond 7 days, you may not be protected from pregnancy. If you had sex during the last 7 days, consult the doctor. You may need emergency contraception. Additionally, use a contraceptive method such as a condom for the next 7 days.

#### If you lost a tablet

Act according