

HELLO DEAR USER,

we are delighted that together with your doctor you have opted for contraception with Desogestrel Aristo®. To answer any questions that you may have about your new pill, we have compiled the most important information at a glance.* Here you find important information on the correct use which is the essential prerequisite for safe contraception.

HOW IT WORKS:

Oestrogen-free contraception means that this contraceptive pill works without the hormone oestrogen, effectively protecting you from pregnancy solely with the hormone progesterone (in this case desogestrel). The Desogestrel Aristo® pill has the same advantages as combination contraceptives containing oestrogen: In addition to preventing the mucus plug thickening in the cervix, it also prevents ovulation while also permitting a high level of flexibility thanks to its 12-hour time window for ingestion. Desogestrel Aristo® is a single-phase pill. In contrast with many other oral contraceptives, it is used in a long cycle: it is taken on all 28 days of a cycle without a pill-free interval.

OESTROGEN-FREE PILL



Dosing schedule

STARTING OUT:

If you have not used any hormonal contraceptive up to now

On the first day of your period, take the first pill from the blister of these oestrogen-free contraceptive pills.

If you have previously used a combined contraceptive such as a low-dose combination pill or a vaginal ring (effective through a combination of an oestrogen and a progesterone)

Start taking your new oestrogen-free pill on the first day of your original pill-free interval.

If you have already previously used an oestrogen-free form of contraception such as the mini pill, an implant, injection or IUD

A) MINI PILL: Stop taking it on any particular day and start with the Desogestrel Aristo® blister the following day.

B) IMPLANT, INJECTION, IUD: Start taking Desogestrel Aristo® when the next injection would normally be due or on the day that the implant or the IUD would be removed.

Irrespective of your previous method of contraception ...

Used properly, Desogestrel Aristo® protects effectively against pregnancy from the first day that you take it, thus doing away with the need for additional protection (such as a condom).

WHAT YOU NEED TO DO WHEN YOU HAVE FORGOTTEN THE PILL:

You have forgotten several pills?

In this case you need to contact your doctor urgently in order safely to rule out pregnancy.

You have forgotten one pill?

You have taken the last pill less than 12 hours ago: Take the missed pill as soon as you remember. Take the next pill at the usual time. There is no problem, you are still effectively protected against pregnancy.

You have taken the last pill more than 12 hours ago: Take the missed pill as soon as you remember. Take the next pill at the usual time, even if this means that you are taking two pills one after the other. Beware though, you are no longer completely protected against pregnancy and should use an additional method of contraception for the next 7 days. If you have had unprotected sex in the previous five days, you may have fallen pregnant. Please consult your doctor.

If you missed taking a pill in the very first week on this contraceptive

If you missed a pill in the very first week on this contraceptive and had unprotected sex, you may have fallen pregnant. You should urgently consult your doctor.

OTHER USEFUL INFORMATION:

Breastfeeding Desogestrel Aristo® does not contain any oestrogen that could have an impact on breast milk. For that reason, you can safely use it for effective contraception even while breastfeeding.

Changes to your periods Bleeding may be irregular or vary in heaviness once you have started taking Desogestrel Aristo®. This is no cause for concern: your body has to get used to the new pill. As a general rule, your cycle will have adjusted after a few months; your periods will be rarer and weaker and may ultimately stop completely in some women.

Cycle-related problems Because the oestrogen-free oral contraceptive Desogestrel Aristo® is taken continuously without a pill-free interval, the hormone level in the blood remains constant. Complaints such as headaches, abdominal pains or water retention may thus no longer occur.

Gastrointestinal problems If you have vomited or suffered from diarrhoea within the first 3-4 hours after taking a pill, it may no longer be effective and you should take a new pill immediately. If your gastrointestinal problems persist, you should use an additional form of contraception for the next 7 days and consult your doctor.

Antibiotics Some antibiotics may impair the effectiveness of the oral contraceptive. As the result, you may no longer be effectively protected against pregnancy. Please see your doctor or pharmacist for advice. In addition, carefully read the package insert of the antibiotic. To be safe, you should use additional contraception while taking the antibiotic and for the following 14 days, such as a condom.



Desogestrel Aristo® does not protect you against sexually transmitted diseases.



Do you have further questions? Either ask your doctor or contact us directly:

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More information and interesting facts on the topics of contraception, health and sex are also available at:
www.meine-pille.de

YOUR ARISTO PHARMA TEAM

The pill of my choice

