

appropriate exercise during the journey and possibly by wearing graduated compression hosiery.
Diarrhoea and vomiting Vomiting and severe diarrhoea can interfere with the absorption of combined oral contraceptives. The FSRH advises following the instructions for missed pills if vomiting occurs within 3 hours of taking a combined oral contraceptive or severe diarrhoea occurs for more than 24 hours. Use of non-oral contraception should be considered if diarrhoea or vomiting persist.

Missed doses The critical time for loss of contraceptive protection is when a pill is omitted at the *beginning or end* of a cycle (which lengthens the pill-free interval). If a woman forgets to take a pill, it should be taken as soon as she remembers, and the next one taken at the normal time (even if this means taking 2 pills together). A missed pill is one that is 24 or more hours late. If a woman misses only one pill, she should take an active pill as soon as she remembers and then resume normal pill-taking. No additional precautions are necessary. If a woman misses 2 or more pills (especially from the first 7 in a packet), she may not be protected. She should take an active pill as soon as she remembers and then resume normal pill-taking. In addition, she must either abstain from sex or use an additional method of contraception such as a condom for the next 7 days. If these 7 days run beyond the end of the packet, the next packet should be started at once, omitting the pill-free interval (or, in the case of *everyday* (ED) pills, omitting the 7 inactive tablets). Emergency contraception is recommended if 2 or more combined oral contraceptive tablets are missed from the first 7 tablets in a packet and unprotected intercourse has occurred since finishing the last packet.

F 840

Dienogest with estradiol valerate

● INDICATIONS AND DOSE

Contraception with 28-day combined preparations | Menstrual symptoms with 28-day combined preparations

► BY MOUTH

► Females of childbearing potential: 1 active tablet daily for 26 days, followed by 1 inactive tablet daily for 2 days, to be started on day 1 of cycle with first active tablet (withdrawal bleeding may occur during the 2-day interval of inactive tablets); subsequent courses repeated without interval

● **INTERACTIONS** → Appendix 1: combined hormonal contraceptives

● SIDE-EFFECTS

► **Common or very common** Breast abnormalities · gastrointestinal discomfort · increased risk of infection · menstrual cycle irregularities

► **Uncommon** Appetite increased · cervical abnormalities · crying · depression · diarrhoea · dizziness · fatigue · haemorrhage · hot flush · hyperhidrosis · mood altered · muscle spasms · neoplasms · oedema · ovarian and fallopian tube disorders · painful sexual intercourse · pelvic disorders · sexual dysfunction · skin reactions · sleep disorders · uterine cramps · vomiting · vulvovaginal disorders · weight decreased

► **Rare or very rare** Aggression · anxiety · arterial thromboembolism · asthma · chest pain · cholecystitis chronic · concentration impaired · constipation · contact lens intolerance · dry eye · dry mouth · dyspnoea · eye swelling · fever · galactorrhoea · gastroesophageal reflux disease · genital discharge · hair changes · hypertriglyceridaemia · hypotension · lymphadenopathy · malaise · myocardial infarction · pain · palpitations · paraesthesia · seborrhoea · sensation of pressure · urinary tract pain · vascular disorders · vertigo

● DIRECTIONS FOR ADMINISTRATION

Changing to *Qlaira*® Start the first active *Qlaira*® tablet on the day after taking the last active tablet of the previous brand.

● PATIENT AND CARER ADVICE

Diarrhoea and vomiting In cases of persistent vomiting or severe diarrhoea lasting more than 12 hours in women taking *Qlaira*®, refer to product literature.

Missed doses A missed pill for a patient taking *Qlaira*® is one that is 12 hours or more late; for information on how to manage missed pills in women taking *Qlaira*®, refer to product literature.

● **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Tablet

► *Qlaira* (Bayer Plc)

Qlaira tablets | 84 tablet [PoM] £25.18

F 840

Estradiol with nomegestrol

● INDICATIONS AND DOSE

Contraception

► BY MOUTH

► Females of childbearing potential: 1 active tablet daily for 24 days, followed by 1 inactive tablet daily for 4 days, to be started on day 1 of cycle with first active tablet (withdrawal bleeding occurs when inactive tablets being taken); subsequent courses repeated without interval

● **INTERACTIONS** → Appendix 1: combined hormonal contraceptives

● SIDE-EFFECTS

► **Common or very common** Breast abnormalities · depression · menstrual cycle irregularities · mood altered · pelvic pain · sexual dysfunction

► **Uncommon** Abdominal distension · appetite abnormal · galactorrhoea · hot flush · hyperhidrosis · oedema · painful sexual intercourse · seborrhoea · sensation of pressure · skin reactions · uterine cramps · vulvovaginal disorders

► **Rare or very rare** Cerebrovascular insufficiency · concentration impaired · contact lens intolerance · dry eye · dry mouth · gallbladder disorders · hypertrichosis

● **PREGNANCY** Toxicity in *animal studies*.

● DIRECTIONS FOR ADMINISTRATION *Zoely*® (every day (ED)

combined (monophasic) preparation), 1 active tablet daily for 24 days, followed by 1 inactive tablet daily for 4 days, starting on day 1 of cycle with first active tablet; subsequent courses repeated without interval (withdrawal bleeding occurs when inactive tablets being taken).
Changing to *Zoely*® Start the first active *Zoely*® tablet on the day after taking the last active tablet of the previous brand or, at the latest, the day after the tablet-free or inactive tablet interval of the previous brand.

● PATIENT AND CARER ADVICE

Diarrhoea and vomiting In cases of persistent vomiting or severe diarrhoea lasting more than 12 hours in women taking *Zoely*®, refer to product literature.

Missed doses A missed pill for a patient taking *Zoely*® is one that is 12 hours or more late; for information on how to manage missed pills in women taking *Zoely*®, refer to product literature.

● **MEDICINAL FORMS** There can be variation in the licensing of different medicines containing the same drug.

Tablet

► *Zoely* (Merck Sharp & Dohme Ltd) ▼

Estradiol (as Estradiol hemihydrate) 1.5 mg, Nomegestrol acetate 2.5 mg *Zoely* 2.5mg/1.5mg tablets | 84 tablet [PoM] £19.80 DT = £19.80