

Changing the first day of your menstrual period: what you need to know
If you want to change the starting day or have your period on another day of the week, you can shorten your next tablet-free break by as many days as you like. The shorter the break, the higher the risk that there will be no withdrawal bleed and that you will experience breakthrough bleeding and spotting during the second pack. Never lengthen your tablet-free break.

If you are not sure what to do, talk to your doctor.

If you stop taking Logynon
You can stop taking Logynon whenever you want. If you do not want to become pregnant, ask your doctor for advice about other reliable methods of birth control. If you want to become pregnant, stop taking Logynon and wait for a menstrual period before trying to become pregnant. You will be able to calculate the expected delivery date more easily.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4 Possible side effects

Like all medicines, Logynon can cause side effects although not everybody gets them. If you get any side effect, particularly if severe and persistent, or have any change to your health that you think may be due to Logynon, please talk to your doctor.

An increased risk of blood clots in the veins (venous thromboembolism (VTE)) or blood clots in the arteries (arterial thromboembolism (ATE)) is present for all women using combined hormonal contraceptives. For more detailed information on the different risks from taking combined hormonal contraceptives please see section 2 "What you need to know before you take Logynon". The following is a list of the side effects that have been linked with the use of Logynon:

Common side effects (between 1 and 10 in every 100 users may be affected):

- mood swings, depression
- headache
- nausea, abdominal pain
- breast pain or tenderness
- weight increase

Uncommon side effects (between 1 and 10 in every 1,000 users may be affected):

- decreased interest in sex
- skin rash
- migraine
- vomiting, diarrhoea
- itching or raised bumps on the skin
- swollen breasts
- fluid retention

Rare side effects (between 1 and 10 in every 10,000 users may be affected):

- contact lens intolerance
- allergic reactions
- increased interest in sex
- breast or vaginal discharge
- red skin lesions or nodules
- skin redness or blotchiness
- weight decrease
- harmful blood clots in a vein or artery for example:
 - in a leg or foot (i.e. DVT)
 - in a lung (i.e. PE)
 - heart attack
 - stroke
 - mini-stroke or temporary stroke-like symptoms, known as a transient ischaemic 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 conditions that increase this risk (See section 2 for more information on the conditions that increase risk for blood clots and the symptoms of a blood clot).

Description of selected adverse reactions
Adverse reactions with very low frequency or with delayed onset of symptoms which are considered to be related to the group of combined oral contraceptives are listed below (see also sections 'Do not take Logynon', 'Take special care with Logynon'):

Tumors
• Breast cancer has been seen slightly more often in women using combined pills, but it is not known whether this is caused by the treatment. For example it may be that more tumours are detected in women on combined pills because they are examined by their doctor more often. As breast cancer is rare in women under 40 years of age the excess number is small in relation to the overall risk of breast cancer.

- liver tumors (benign and malignant)

Other conditions

- women with increased blood fats (hypertriglyceridemia) resulting in an increased risk of inflammation of the pancreas (pancreatitis) when using combined oral contraceptives.
- high blood pressure
- occurrence or worsening of conditions for which a link to combined oral contraceptives is not definite: jaundice and/or itching related to blocked bile flow (cholestasis); gallstone formation; a blood disease called porphyria; systemic lupus erythematosus (a disease affecting your natural defense system); hemolytic uremic syndrome (a blood clotting disease); a nerve disease called Sydenham's chorea; a type of skin condition that occurs during pregnancy (herpes gestationis); hearing loss (otosclerosis-related)
- In women with hereditary angioedema (symptoms include sudden swelling of e.g. the eyes, mouth, throat etc.) products containing estrogens may induce or worsen symptoms of angioedema
- disturbed liver function
- if you are a diabetic, your blood glucose control may be affected. There is generally no need to change your diabetic treatment while using Logynon
- Crohn's disease or ulcerative colitis (chronic inflammatory bowel disease)
- Chloasma (a discolouration of the skin especially of the face/neck known as 'pregnancy patches')

Interactions
Unexpected bleeding and/or contraceptive failure may result from interactions of other drugs with oral contraceptives (e.g. the herbal remedy St. John's wort, or drugs for epilepsy, tuberculosis, HIV infections and other infections). See section 'Taking other medicines'.

The following conditions may occur or get worse with combined oral contraceptives:
Crohn's disease, ulcerative colitis, cervical cancer, migraine, porphyria (metabolism disorder which causes abdominal pains and mental disorders), systemic lupus erythematosus (where the body attacks and injures its own organs and tissues), herpes in late pregnancy, Sydenham's chorea (rapid involuntary jerking or twitching movements), haemolytic uraemic syndrome (a condition which occurs after diarrhoea caused by E.coli), liver problems shown by jaundice, gall bladder disorders or gallstone formation, loss of hearing.

In women with hereditary exogenous angioedema, the oestrogens in contraceptive pills may induce or exacerbate symptoms of angioedema (see Section 2: When to take special care with logynon)..

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA Pharmacovigilance, Earlsfort Terrace, IRL – Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; e-mail: medsafety@hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5 How to store Logynon

Do not store above 30°C.
Keep Logynon out of the sight and reach of children.

Expiry date

Do not take Logynon after the date on the packaging after “ EXP:”

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6 Further information

What Logynon contains
The active substances are levonorgestrel and ethinylestradiol. Each light-brown tablet contains 50 micrograms of levonorgestrel and 30 micrograms of ethinylestradiol
Each white tablet contains 75 micrograms of levonorgestrel and 40 micrograms of ethinylestradiol
Each ochre tablet contains 125 micrograms of levonorgestrel and 30 micrograms of ethinylestradiol.

The other ingredients are: lactose, maize starch, povidone, magnesium stearate (E572), sucrose, polyethylene glycol 6000, calcium carbonate (E170), talc, montan glycol wax, glycerin (E422), titanium dioxide (E171), ferric oxide pigment (red) (E172), ferric oxide pigment (yellow) (E172).

What Logynon looks like and contents of the pack
Each memo strip of Logynon contains:
6 light-brown, coated tablets
5 white, coated tablets
10 ochre, coated tablets

Logynon is available in packs of 21 tablets.

The Parallel Product Authorisation Holder is:
LTT Pharma Limited, Unit 18, Oxleasow Road, East Moons Moat, Redditch, Worcestershire, B98 0RE, UK.

Repackaged by:
Lexon (UK) Limited, Unit 18, Oxleasow Road, East Moons Moat, Redditch, Worcestershire, B98 0RE, UK.

The manufacturer is:
Bayer Pharma AG, Berlin, Germany
or
Bayer Weimar GmbH & Co KG, Weimar, Germany

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Blind or partially sighted?
Is this leaflet hard to see or read?
Phone LTT Pharma Limited,
Tel: +44 (0)1527 505414 for help.

Logynon® Tablets
(levonorgestrel and ethinylestradiol)
Patient Information Leaflet

Read all of this leaflet carefully before you start taking this medicine.
• Keep this leaflet. You may need to read it again.
• If you have any further questions, ask your doctor or pharmacist.
• This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
• If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

Important things to know about combined hormonal contraceptives (CHCs):
• They are one of the most reliable reversible methods of contraception if used correctly
• They slightly increase the risk of having a blood clot in the veins and arteries, especially in the first year or when restarting a combined hormonal contraceptive following a break of 4 or more weeks
• Please be alert and see your doctor if you think you may have symptoms of a blood clot (see section 2 "Blood clots")

Your medicine is called Logynon Tablets but will be referred to as Logynon throughout this leaflet.

- What is in this leaflet:**
- 1 What Logynon is and what it is used for
 - 2 What you need to know before you take Logynon
 - 3 How to take Logynon
 - 4 Possible side effects
 - 5 How to store Logynon
 - 6 Further information

1 What Logynon is and what it is used for

- Logynon is a contraceptive pill and is used to prevent pregnancy.
- Each tablet contains a small amount of two different female hormones, namely levonorgestrel and ethinylestradiol.
- Contraceptive pills that contain two hormones are called 'combined' pills.

2 What you need to know before you take Logynon

<p>General notes Before you start using Logynon you should read the information on blood clots in section 2. It is particularly important to read the symptoms of a blood clot – see Section 2 "Blood clots".</p> <p>Before you can begin taking Logynon, 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 upon your personal situation, may also carry out some other tests for example a breast exam or cervical screen as appropriate.</p> <p>In this leaflet, several situations are described where you should stop using Logynon, or where the reliability of Logynon may be decreased. In such situations you should either not have sex or you should take extra non-hormonal contraceptive precautions, e.g., use a condom or another barrier method. Do not use rhythm or temperature methods. These methods can be unreliable because Logynon alters the monthly changes of body temperature and of cervical mucus.</p> <p>When taken correctly, combined oral contraceptives have a failure rate of approximately 1% per year. The failure rate may increase when pills are missed or taken incorrectly, if you have a stomach upset or when you take certain other medicines or herbal remedies.</p> <p>Logynon, like other hormonal contraceptives, does not protect against HIV infection (AIDS) or any other sexually transmitted disease.</p>

When not to take Logynon
You should not use Logynon 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.

- Do NOT take Logynon:**
- if 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;
 - if 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;
 - if you need an operation or if you are off your feet for a long time (see section 'Blood clots');
 - if you have ever had a heart attack or a stroke;
 - if 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 (TIA – temporary stroke symptoms);
 - if 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
 - a very high level of fat in the blood (cholesterol or triglycerides)
 - a condition known as hyperhomocysteinaemia
 - if you have (or have ever had) a type of migraine called 'migraine with aura';
 - if you have (or have ever had) severe liver disease and your liver function is still not normal.
 - if you have (or have ever had) a tumour in the liver
 - if you have (or have ever had) or suspect you have breast cancer or cancer of the genital organs
 - if you have any unexplained bleeding from the vagina
 - if you know or suspect that you are pregnant
 - if you have an allergy (hypersensitivity) to ethinylestradiol, levonorgestrel, or to any of the other ingredients of Logynon. This may cause itching, rash or swelling.

If any of these conditions start while you are using Logynon, stop taking the pills immediately and talk to your doctor.

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When to take special care with Logynon When should you contact your doctor? <u>Seek urgent medical attention</u> - 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 lung (i.e. pulmonary embolism), a heart attack or a stroke (see 'Blood clots' section below).
For a description of the symptoms of these serious side effects please go to "How to recognise a blood clot".

Tell your doctor if any of the following conditions apply to you.
In some situations you need to take special care while using Logynon or any other combined pill, and it may be necessary that you are regularly checked by your doctor. If the condition develops or gets worse while you are using Logynon, you should also tell your doctor.

- if a close relative has had breast cancer
- if you have liver or gallbladder disease
- if you have diabetes
- if you have depression
- if you have Crohn's disease or ulcerative colitis (chronic inflammatory bowel disease)
- if you have systemic lupus erythematosus (SLE - a disease affecting your natural defence system)
- if you have haemolytic uraemic syndrome (HUS - a disorder of blood clotting causing failure of the kidneys)
- if you have sickle cell anaemia (an inherited disease of the red blood cells)
- if you have elevated levels of fat in the blood (hypertriglyceridaemia) or a positive family history for this condition. Hypertriglyceridaemia has been associated with an increased risk of developing pancreatitis (inflammation of the pancreas)
- if you need an operation, or you are off your feet for a long time (see in section 2 '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 Logynon
- if you have an inflammation in the veins under the skin (superficial thrombophlebitis)
- if you have varicose veins
- if you have epilepsy (see "Logynon and using other medicines")
- if you have a disease that first appeared during pregnancy or with earlier use of sex hormones (for example, hearing loss, a blood disease called porphyria, skin rash with blisters during pregnancy (gestational herpes), or a nerve disease causing sudden movements of the body (Sydenham's chorea)
- if you have ever had golden brown pigment patches (chloasma), so called "pregnancy patches", especially on the face. If this is the case, avoid direct exposure to sunlight or ultraviolet light
- if you have hereditary angioedema (rapid swelling of the skin, mucosal tissues, internal organs or brain); products containing oestrogens may cause or worsen the symptoms **If you experience symptoms of angioedema such as swollen face, tongue, throat/neck area, difficulty swallowing or hives together with difficulty in breathing, you should see your doctor immediately.**

BLOOD CLOTS
Using a combined hormonal contraceptive such as Logynon 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 (referred to as a 'venous thrombosis', 'venous thromboembolism' or VTE),
- in the arteries (referred to as an 'arterial thrombosis', 'arterial thromboembolism' or 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 Logynon is small.

HOW TO RECOGNISE 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:• pain or tenderness in the leg which may be felt only when standing or walking• increased warmth in the affected leg• change in colour of the skin on the leg e.g. turning pale, red or blue.	Deep vein thrombosis
<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 may increase with deep breathing;• severe light headedness or dizziness;• rapid or irregular heartbeat;• severe pain in your stomach. <p>If you are unsure, talk to a 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').</p>	Pulmonary embolism

Symptoms most commonly occur in one eye: <ul style="list-style-type: none">immediate loss of vision orpainless blurring of vision which can progress to loss of vision.	Retinal vein thrombosis (blood clot in the eye)
<ul style="list-style-type: none">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 heartbeats.	Heart attack
<ul style="list-style-type: none">sudden weakness or numbness of the face, arm or leg, <u>especially on one side of the body</u>;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;	Stroke
<ul style="list-style-type: none">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 should still seek urgent medical attention as you may be at risk of another stroke..</p>	
<ul style="list-style-type: none">swelling and slight blue discolouration of an extremity;severe pain in your stomach (acute abdomen).	Blood clots 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, these side effects are rare. Most frequently, they occur 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 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 Logynon 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 risk of VTE and the type of combined hormonal contraceptive you are taking.

The overall risk of a blood clot in the leg or lung (DVT or PE) with Logynon 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 such as Logynon, about 5-7 will develop a blood clot in a year.
- The risk of having a blood clot will vary according to your personal medical history (see “Factors that increase your risk of a blood clot” below).

	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	About 5-7 out of 10,000 women
Women using Logynon	About 5-7 out of 10,000 women

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

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

- if you are very overweight (body mass index or BMI over 30kg/m2);
- if one 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 about 50). In this case you could have a hereditary blood clotting disorder;
- if you need to have an operation, 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 Logynon may need to be stopped several weeks before surgery or while you are less mobile. If you need to stop Logynon, ask your doctor when you can start using it again;
- as you get older (particularly above about 35 years);
- if you gave birth less than a few weeks ago.

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

Air travel (>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 your doctor if any of these conditions apply to you, even if you are unsure. Your doctor may decide that Logynon needs to be stopped.

If any of the above conditions change while you are using Logynon, 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 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 Logynon is very small but can increase:

- with increasing age (beyond about 35 years);
- if you smoke.** When using a combined hormonal contraceptive like Logynon 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 (less than about 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 fat in the blood (cholesterol or triglycerides);
- if you get 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 Logynon, 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.

Logynon and cancer

- Cervical cancer in long-term users has been reported, but the effect of sexual behaviour or other factors such as human papilloma virus (HPV) is not clear.
- Breast cancer has been observed slightly more often in women using combined pills, but it is not known whether this is caused by the treatment. For example it may be that more tumours are detected in women on combined pills because they are examined by their doctor more often. The occurrence of breast tumours becomes gradually less after stopping the combined hormonal contraceptives. It is important to regularly check your breasts and you should contact your doctor if you feel any lump.
- Benign liver tumours (non-cancerous) are rare, and malignant liver tumours (cancerous) are even more rarely reported in combined pill users. Contact your doctor if you have unusually severe stomach pain.

Bleeding between periods

During the first few months when you are taking Logynon, you may have unexpected bleeding (bleeding outside the pill-free days). If this bleeding occurs for more than three months, or if it begins after some months, your doctor must find out what is wrong.

What to do if no bleeding occurs during the tablet-free days

If you have taken all the tablets correctly, have not had vomiting or severe diarrhoea and you have not taken any other medicines, it is highly unlikely that you are pregnant.

If this is not the case or if the expected bleeding does not happen twice in succession, you may be pregnant. Contact your doctor immediately as pregnancy must be ruled out before the pill is continued. Only start the next strip if you are sure that you are not pregnant.

Logynon and using other medicines

Always tell your doctor which medicines or herbal products you are already using or have recently taken, including medicines obtained without a prescription. Also tell any other doctor or dentist who prescribes another medicine (or the pharmacist) that you use Logynon. They can tell you if you need to use additional contraceptive precautions (for example, condoms) and if so, for how long.

- Some medicines
- can have an influence on the blood levels of Logynon
 - can make it **less effective in preventing pregnancy**
 - can cause unexpected bleeding.

These include:

- medicines used for the treatment of:
 - epilepsy (e.g. primidone, phenytoin, barbiturates, carbamazepine, oxcarbazepine, topiramate, or felbamate)
 - tuberculosis (e.g. rifampicin)
 - HIV and Hepatitis C Virus infections (so-called protease inhibitors and non-nucleoside reverse transcriptase inhibitors)
 - fungal infections (griseofulvin, azole antifungals, e.g. itraconazole, voriconazole, fluconazole).
 - bacterial infections (macrolide antibiotics, e.g. clarithromycin, erythromycin)
 - certain heart diseases, high blood pressure (calcium channel blockers, e.g. verapamil, diltiazem)
 - arthritis, arthrosis (etorixcoxib)
- the herbal remedy St. John’s wort
- grapefruit juice

Logynon may influence the effect of other medicines, e.g.

- medicines containing cyclosporine (used to suppress the body’s immune response)
- the anti-epileptic lamotrigine (this could lead to an increased frequency of seizures)
- melatonin (for insomnia)
- Midazolam (for sedation and epilepsy)
- Theophylline (for asthma and other breathing difficulties)
- Tizanidine (muscle relaxant)

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Logynon with food and drink

Logynon may be taken with or without food, if necessary with a small amount of water.

Laboratory tests

If you need a blood test, tell your doctor or the laboratory staff that you are taking the pill, because hormonal contraceptives can affect the results of some tests.

Pregnancy

Do not take Logynon if you are pregnant. If you become pregnant while taking Logynon, stop taking Logynon immediately and contact your doctor. If you want to become pregnant, you can stop taking Logynon at any time (see also “If you stop taking Logynon”).

Ask your doctor or pharmacist for advice before taking any medicine.

Breast-feeding

Taking Logynon is not advisable during breast-feeding unless advised to by your doctor. If you want to take the pill while you are breast-feeding you should contact your doctor.

Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

There is no information suggesting that use of Logynon affects driving or using machines.

Important information about some of the ingredients of Logynon

Logynon contains lactose and sucrose.

If you cannot tolerate certain sugars, tell your doctor before you take Logynon.

3 How to take Logynon

Take Logynon every day for 21 days.

Logynon comes in strips of 21 pills (6 light brown, 5 white and 10 ochre-coloured tablets).

- Take your pill at the same time every day.
- Start by taking pill number 1 which is marked “Start”. Mark that day of the week under the heading “I took my first pill on” by piercing the small unnumbered foil disc. This will remind you on which day you started taking the course of pills.
- Follow the direction of the arrows on the strip. Take one pill each day, until you have finished all 21 pills. The tablets are not all the same so you must take them in the right order, starting with number 1.

Swallow each pill whole, with water if necessary. Do not chew the pill. You may take the tablets with or without food.

Once you have finished all 21 tablets, you will not take any tablets during the next 7 days. Your period (withdrawal bleed) will start during these 7 days, usually 2–3 days after taking the last Logynon tablet.

Start the next blister pack on the 8th day even if your period continues. This way you will always start a new pack on the same day of the week, and the withdrawal bleed will occur roughly at the same time each month.

When can you start with the first strip?

- If you have not used a contraceptive with hormones in the previous month* Begin taking Logynon on the first day of the cycle (that is, the first day of your period). If you start Logynon on this day you are immediately protected against pregnancy. You may also begin on day 2-5 of your cycle, but you must use extra protective measures (for example, a condom) for the first 7 days.
- Changing from another combined hormonal contraceptive, or vaginal ring or patch* Start taking Logynon on the day after the last active tablet of your previous pill or, at the latest, on the day following the usual tablet-free break or the last placebo tablet of the previous hormonal contraceptive. In the case of a vaginal ring or patch, start taking Logynon on the day of removal of the last ring or patch of a cycle pack, or, at the latest, when the next application would have been due.
- Changing from a progestogen-only-method (oral pill, injection, implant or an intrauterine system IUS).* You may change to Logynon tablets on any day from a progestogen-only pill (from an implant or an IUS on the day of its removal, from an injectable when the next injection would be due) but in all of these cases you must use extra protective measures (for example, a condom) for the first 7 days of tablet-taking.
- After first trimester miscarriage or termination* Follow the advice of your doctor.
- After having a baby or second trimester miscarriage or termination* Start Logynon between 21 and 28 days after delivery or second trimester miscarriage or termination. If you start later than day 28, you must use an additional barrier method (for example, a condom) during the first 7 days of Logynon use.

If, after having a baby, you have had sex before starting Logynon (again), you must first be sure that you are not pregnant or you must wait until your next period before taking Logynon.

- If you are breast-feeding and want to start Logynon (again) after having a baby* Read the section on “Breast-feeding”.

Ask your doctor what to do if you are not sure when to start.

Use in children and adolescents

You should not take Logynon before you have started to have a monthly period.

Use in older patients

You should not take Logynon after the menopause.

Use in patients with liver problems

You should not take Logynon if you have severe liver problems.

Use in patients with kidney problems

You should talk to your doctor before taking Logynon if you have kidney problems.

If you take more Logynon than you should

There are no reports of serious harmful results from taking too many Logynon tablets.

If you take several tablets at once then you may have symptoms of nausea or vomiting. Young girls may have bleeding from the vagina.

If you have taken too many Logynon tablets, or you discover that a child has taken some, ask your doctor or pharmacist for advice.

If you forget to take Logynon

- If you are **less than 12 hours** late taking a tablet, the protection against pregnancy is not reduced. Take the tablet as soon as you remember and then take the following tablets at the usual time.

- If you are **more than 12 hours** late taking a tablet, the protection against pregnancy may be reduced. The greater the number of tablets that you have forgotten, the greater is the risk of becoming pregnant.
- Therefore, you should keep to the following rules:
- tablet-taking must never be discontinued for longer than 7 days.
 - the effectiveness of Logynon depends on 7 days of uninterrupted tablet-taking.

If you are more than 12 hours late during days 1-7 (see also the diagram):

Take the last missed tablet as soon as you remember, even if this means taking two tablets at the same time. Then continue to take the next tablets at the usual time. In addition, a barrier method such as a condom should be used for the next 7 days. If you have had sex in the 7 days before missing the tablet, the possibility of a pregnancy must be considered. The more tablets have been missed and the closer they are to the regular tablet-free break, the higher the risk of pregnancy. See your doctor if this has happened to you.

If you are more than 12 hours late during days 8-14 (see also the diagram):

Take the last missed tablet as soon as you remember, even if this means taking two tablets at the same time. Then continue to take the next tablets at the usual time. Provided you have taken the tablets correctly in the 7 days preceding the first missed tablet, there is no need to use extra contraceptive precautions. If you have not taken the tablets correctly or have missed more than one tablet, you should use extra contraceptive precautions for the next 7 days.

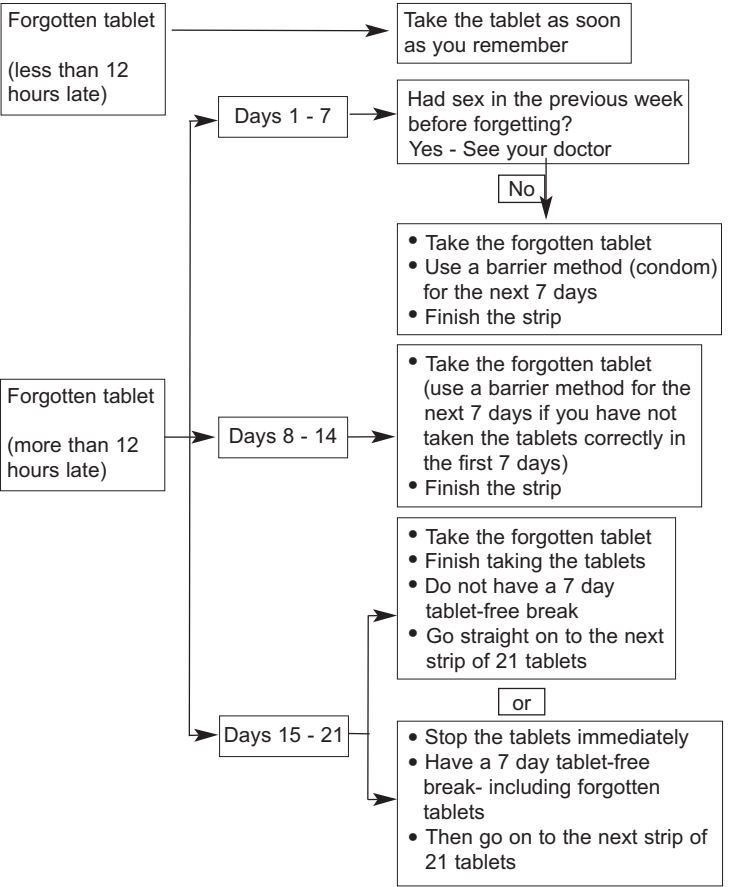
If you are more than 12 hours late during days 15-21 (see also the diagram):

The risk of pregnancy increases the nearer you are to the tablet-free break of 7 days. However, pregnancy can still be prevented by adjusting the dosage. If you use the following advice, there is no need to use extra contraceptive precautions, provided that all the tablets have been taken correctly in the 7 days before the first missed tablet. If this is not the case, you should follow the first of these two options and use extra contraceptive precautions for the next 7 days as well.

- Take the forgotten tablet as soon as you remember, even if that means taking two tablets at the same time. Then take the rest of the tablets at the usual time. Instead of having a 7 day tablet –free break, continue immediately with the next pack of 21 tablets. There will probably be no withdrawal bleed until the end of the second pack, but you may experience spotting or breakthrough bleeding on tablet-taking days.
- You can stop taking the tablets from the current pack and have a tablet-free break of 7 days, including the days you missed tablets, and then continue with the next pack.

If you miss several tablets and have no withdrawal bleed during the first normal tablet-free break, the possibility of a pregnancy must be considered

Missed Pill Chart



What to do in the case of vomiting or severe diarrhoea

Vomiting or diarrhoea may make Logynon less effective in preventing pregnancy.

If you vomit within 3-4 hours of taking a tablet or have severe diarrhoea, there is a risk that the active substances in the pill will not be fully taken up by your body. The situation is almost the same as forgetting a tablet. After vomiting or diarrhoea, take another tablet as soon as possible. If possible, take it within 12 hours of when you normally take your pill. If this is not possible or 12 hours have passed, follow the advice given under “If you forget to take Logynon”.

If you do not want to change your normal tablet-taking routine, you can take the extra tablet from another pack.

If the vomiting or diarrhoea continues, talk to your doctor. You will need to use extra contraceptive measures.

Delaying your period: what you need to know

Although it is not recommended, you can delay your period by continuing with the last ten tablets of another pack of Logynon immediately after finishing this pack. The extension can be carried on for a maximum of ten days, until the end of your second pack. You may experience spotting (droplets or flecks of blood) or breakthrough bleeding while using this second pack. When the second pack is finished, you must have a 7-day tablet-free break.

It is advisable to consult your doctor before deciding to delay your menstrual period.