

PACKAGE LEAFLET: INFORMATION FOR THE USER

Tyedra 1500 microgram tablet Levonorgestrel

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

- 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 only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

For OTC products

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist have told to you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This include any possible side effect not listed in this leaflet. See section 4.

What is in this leaflet:

1. What Tyedra is and what it is used for
2. What you need to know before you take Tyedra
3. How to take Tyedra
4. Possible side effects
5. How to store Tyedra
6. Content of the pack and other information

1. What Tyedra is and what it is used for

Tyedra is an emergency contraceptive that can be used within 72 hours (3 days) of unprotected sex or if your usual contraceptive method has failed.

It is about the following cases:

- No contraception was used during the sexual intercourse
- The contraception measure was used incorrectly, for example as if a condom was penetrated, slipped away or used in a wrong way, if vaginal pessary or diaphragm changed position, burst, was broken or taken out ahead of time, in the case of a failed interruption during coitus interruptus (e.g. sperm ejaculated in vagina or on external genitalia).

Tyedra contains a synthetic hormone-like active substance called levonorgestrel. It prevents about 84% of expected pregnancies when you take it within 72 hours of having unprotected

sex. It will not prevent a pregnancy every time and is more effective if you take it as soon as possible after unprotected sex. It is better to take it within 12 hours rather than delay until the third day.

Tyedra is thought to work by:

- stopping your ovaries from releasing an egg;
- preventing sperm from fertilising any egg you may have already released

Tyedra can only prevent you becoming pregnant if you take it within 72 hours of unprotected sex. It does not work if you are already pregnant. If another unprotected intercourse takes place after the use of Tyedra (also if this is during the same menstrual cycle), the tablet will not exert its contraceptive effect and there is again the risk of pregnancy.

Tyedra is not indicated for use before the first menstrual bleeding (menarche).

2. What you need to know before you take Tyedra

Do not take Tyedra

- if you are allergic to levonorgestrel or any of the other ingredients of this medicine (listed in section 6)

Warnings and precautions

If any of the following applies to you, talk to your doctor before taking Tyedra as emergency contraception may not be suitable for you. Your doctor may prescribe another type of emergency contraception for you.

- If you are pregnant or think that you may already be pregnant. This medicine will not work if you are already pregnant. If you are already pregnant, Tyedra cannot terminate pregnancy, so Tyedra is not an “abortion pill”.

You may already be pregnant if:

- your period is more than 5 days late, or you have experienced unusual bleeding when your next period is due;
- you have had unprotected sex more than 72 hours ago and since your last period.

The use of Tyedra is not advised if:

- you have a disease of your small bowel (such as Crohn’s disease) that inhibits the absorption of the drug ;
- you have severe liver problems;
- you have a history of ectopic pregnancy (where the baby develops somewhere outside the womb)
- you have a history of salpingitis (inflammation of the Fallopian tubes).

A previous ectopic pregnancy or a previous infection of the fallopian tubes increase the risk of a new ectopic pregnancy.

In all women, emergency contraception should be taken as soon as possible after unprotected intercourse. There is some evidence that Tyedra may be less effective with increasing body weight or body mass index (BMI), but these data were limited and inconclusive. Therefore, Tyedra is still recommended for all women regardless of their weight or BMI.

You are advised to speak to a healthcare professional if you are concerned about any problems related to taking emergency contraception

Children and adolescents

Tyedra is not indicated for use before the first menstrual bleeding (menarche).

If you are worried about sexually transmitted diseases

If you did not use a condom (or if it has been torn or slid down) during the intercourse, it might be possible that you have caught a sexually transmitted disease or the HIV virus. This medicine will not protect you against sexually transmitted diseases, only condoms can do this. Ask your doctor, nurse, family planning clinic or pharmacist for advice if you are worried about this.

Other medicines and Tyedra

Tell your doctor or pharmacist if you are taking or have recently taken or might take any other medicines.

Some medicines may prevent Tyedra from working effectively . If you have used any of the medicines below during the last 4 weeks, Tyedra may be less suitable for you. Your doctor may prescribe another type of (non-hormonal) emergency contraceptive, i.e. a copper intrauterine device (Cu-IUD). If this is not an option for you or if you are unable to see your doctor promptly, you can take a double dose of Tyedra:

- Barbiturates and other medicines used to treat epilepsy (for example, primidone, phenytoin and carbamazepine).
- Medicines used to treat tuberculosis (for example, rifampicin and rifabutin).
- A treatment for HIV (ritonavir, efavirenz).
- A medicine used to treat fungal infections (griseofulvin).
- Herbal remedies containing St. John's Wort (*Hypericum perforatum*).

Talk to your pharmacist or doctor if you need further advice on the correct dose for you.

Consult your doctor as soon as possible after taking the tablets for further advice on a reliable form of regular contraception and to exclude a pregnancy Tyedra (See also section 3 “How to take Tyedra” for further advice).

Tyedra may also affect how well other medicines work

- A medicine called cyclosporin (suppresses the immune system).

How often can Tyedra be used

You should only use Tyedra in emergencies, and not as a regular method of contraception. If Tyedra is used more than once in a menstrual cycle, it is less reliable and it is more likely to upset your menstrual cycle (period).

Tyedra does not work as well as regular methods of contraception. Your doctor, practice nurse or family planning clinic can tell you about long-term methods of contraception which are more effective in preventing you from getting pregnant.

Pregnancy, breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking any medicine.

Pregnancy

You should not take this medicine if you are already pregnant. If you do become pregnant even after taking this medicine, it is important that you see your doctor. There is no evidence that Tyedra will harm a baby that develops in your uterus/womb if you use Tyedra as described.

Nevertheless, your doctor may want to check that the pregnancy is not ectopic (where the baby develops somewhere outside the womb). This is especially important if you develop severe abdominal pain after taking Tyedra or if you have previously had an ectopic pregnancy, Fallopian tube surgery or pelvic inflammatory disease.

Breast-feeding

The active ingredient of this medicine passed into breast milk. Therefore, it is suggested that you take your tablet immediately after breastfeeding and avoid nursing at least 8 hours following levonorgestrel administration. During these 8 hours, drain your milk with a breast pump and discard it. In this way, you are taking the tablet well before the next feeding and reducing the amount of active ingredient your baby may take in with the breast milk.

Fertility

Tyedra increases the possibility of menstruation disturbances which can sometimes lead to earlier or later ovulation date resulting in modified fertility date. Although there are no fertility data in the long term, after treatment with Tyedra a rapid return to fertility is expected and therefore, regular contraception should be continued or initiated as soon as possible after Tyedra use.

Driving and using machines

Tyedra is unlikely to affect your ability to drive a car or use machines. However, if you feel tired or dizzy, do not drive or operate machines.

Tyedra contains lactose and sodium

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

This medicine contains less than 1 mmol sodium (23 mg) per tablet, that is to say essentially 'sodium-free'.

3. How to take Tyedra

Always use this medicine exactly as described in the leaflet or as your pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Take the tablet as soon as possible, preferably within 12 hours, and no later than 72 hours (3 days) after you have had unprotected sex. Do not delay taking the tablet. The tablet works best the sooner you take it after having unprotected sex. It can only prevent you becoming pregnant, if you take it within 72 hours of unprotected sex.

Tyedra can be taken at any time in your menstrual cycle assuming you are not already pregnant or think you may be pregnant. Do not chew but swallow the tablet whole with water.

- If you are using one of the medicines that may prevent Tyedra from working properly (see section above “Other medicines and Tyedra”) or if you have used one of these medicines in the past 4 weeks, Tyedra may work less effectively for you. Your doctor may prescribe another type of (non-hormonal) emergency contraceptive, i.e. a copper intrauterine device (Cu-IUD). If this is not an option for you or if you are unable to see your doctor promptly, you can take a double dose of Tyedra (i.e. 2 tablets taken together at the same time).
- If you are already using a regular method of contraception, such as the contraceptive pill, you can continue to take this at your regular times.

If another unprotected intercourse takes place after the use of Tyedra (also if this is during the same menstrual cycle), the tablet will not exert its contraceptive effect and there is again the risk of pregnancy.

You are advised to speak to a healthcare professional if you are concerned about any problems related to taking emergency contraception.

What to do if you are sick (vomit)

If you are sick (vomit) within three hours of taking the tablet, you should immediately take another tablet.

After you have taken Tyedra

After you have taken Tyedra, if you want to have sex, and are not using the contraceptive pill, you should use condoms or a cap plus spermicide until your next menstrual period. This is because Tyedra will not work if you have unprotected sex again, before your next period is due.

After you have taken Tyedra, you are advised to make an appointment to see your doctor about three weeks later to make sure that Tyedra has worked. If your period is more than 5 days late or is unusually light or heavy, you should contact your doctor as soon as possible. If you do become pregnant even after taking this medicine, it is important that you see your doctor.

Your doctor can also tell you about long-term methods of contraception which are more effective in preventing you from getting pregnant.

If you continue to use regular hormonal contraception such as the contraceptive tablet and you do not have a bleed in your tablet-free period, see your doctor to make sure you are not pregnant.

Your next period after you took Tyedra

After the use of Tyedra, your period is usually normal and will start at the usual day; however sometimes, this will be a few days earlier or later. If your period starts more than 5 days later than expected, an "abnormal" bleeding occurs at that time or if you think you might be pregnant, you should check whether you are pregnant by a pregnancy test.

If you take more Tyedra than you should

Although there have been no reports of serious harmful effects after taking too many tablets at once, you may feel sick, actually be sick (vomit) or have vaginal bleeding. You should ask your doctor, pharmacist, practice nurse or family planning clinic for advice, especially if you

have been sick, as the tablet may not have worked properly.

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

4. Possible side effects

Like all medicines, this medicine Tyedra can cause side effects, although not everybody gets them.

Possible side effects are listed below according to how common they are:

Very common (may affect more than 1 in 10 users):

- Feeling sick (nausea)
- You might have some irregular bleeding until your next period
- You might have lower abdominal pain
- Tiredness
- Headache

Common (may affect up to 1 in 10 users):

- Being sick (vomiting). If you are sick, read the section "What to do if you are sick (vomit).
- Your period might be different. Most women will have a normal period at the expected time but some may have their period later or earlier than normal. You might also have irregular bleeding or spotting until your next period. If your period is more than 5 days late or is unusually light or heavy, you should contact your doctor as soon as possible.
- You might have tender breasts, diarrhoea or feel dizzy after taking this medicine.

Very rare effects (may affect up to 1 in 10,000 users):

- Rash, urticaria, pruritus, swelling of the face, pelvic pain, painful period.

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 HPRRA Pharmacovigilance, Website: www.hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Tyedra

Keep this medicine out of the sight and reach of children.

Do not use this medicine Tyedra after the expiry date which is stated on the pack and blister after Exp. The expiry date refers to the last day of the month.

This medicinal product does not require any special storage condition.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6. Contents of the pack and other information

What Tyedra contains

The active substance is levonorgestrel. Each tablet contains 1500 micrograms of levonorgestrel.

The other ingredients are cellulose microcrystalline, lactose monohydrate, poloxamer 188, croscarmellose sodium and magnesium stearate.

What Tyedra looks like and contents of the pack

Each pack contains one complete treatment of one round, white tablet, of approximate 6 mm of diameter and marked “C” on one side and “1” on the other.

Marketing Authorisation Holder and Manufacturer

Laboratorios Leon Farma, S.A
Pol. Ind. Navatejera
C/ La Vallina s/n, 24008-Navatejera, León.
Spain

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This medicinal product is authorised in the Member States of the EEA under the following names:

Belgium:	Justine 1,5 mg comprimé.
Bulgaria:	Secondelle 1500 micrograms tabletten
Estonia:	Elistrel 1500 mikrogrammi, tablett
France:	Levonorgestrel Zentiva 1,5 mg, comprimé
Ireland :	Tyedra 1500 micrograms tablet
Lithuania:	Elistrel 1.5 mg tableté
Latvia:	Elistrel 1.5 mg tabletes

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