

Slinda[®]

drospirenone 4 mg 24+4 tabl.

User guide

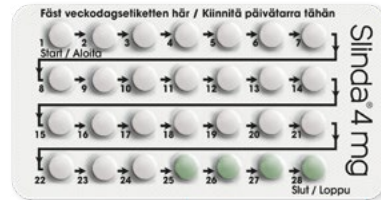
About Slinda

Slinda is an oral contraceptive pill containing only progestin (drospirenone 4 mg).

Slinda does not contain estrogen, and therefore it can be used by women:

- who either cannot or would prefer not to take estrogen
- after childbirth and/or during breastfeeding

Slinda prevents pregnancy both by hindering ovulation and by affecting the lining of the womb so that it becomes thinner. The cervical mucus (in the mouth of the womb) is also affected, becoming difficult for sperm to penetrate.



Choose a day label that starts on the day you start taking the pills. Attach the sticker to the space on the blister sheet where it says "Attach the day label here". Each day will fall on a row of pills. It is important to take a pill every day. If you forget to take a pill, read the package leaflet for instructions.

START/ALOITUS ▼

Män/Ma	Tis/Ti	Ons/Ke	Tors/To	Fre/Pe	Lör/La	Sön/Su
Tis/Ti	Ons/Ke	Tors/To	Fre/Pe	Lör/La	Sön/Su	Män/Ma
Ons/Ke	Tors/To	Fre/Pe	Lör/La	Sön/Su	Män/Ma	Tis/Ti
Tors/To	Fre/Pe	Lör/La	Sön/Su	Män/Ma	Tis/Ti	Ons/Ke
Fre/Pe	Lör/La	Sön/Su	Män/Ma	Tis/Ti	Ons/Ke	Tors/To
Lör/La	Sön/Su	Män/Ma	Tis/Ti	Ons/Ke	Tors/To	Fre/Pe
Sön/Su	Män/Ma	Tis/Ti	Ons/Ke	Tors/To	Fre/Pe	Lör/La

Before you begin



Use this drug exactly as it has been prescribed to you.

Each blister sheet contains 28 film-coated tablets. White tablets (24) contain the active substance and green tablets (4) are placebos that do not contain hormones. It is important to first take the 24 white tablets and to then take the green hormone-free tablets for 4 days.

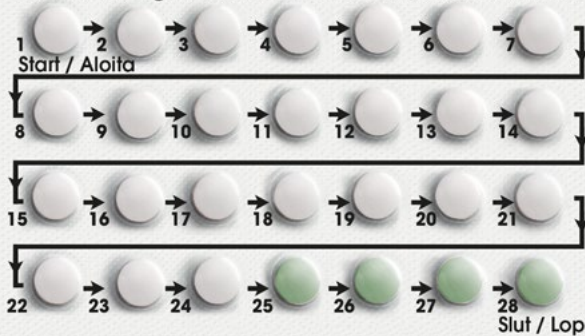
In order to help you remember to take the tablets every day, the package includes 7 stickers with the days of the week on them. Choose the weekday sticker that begins with the day on which you begin to take these contraceptive pills (if, e.g. you start on a Wednesday, you should use the weekday

sticker that starts with "Ons/Ke"). Attach that sticker onto the blister sheet above the words "Kiinnitä päivätarra tähän", so that the day of the week when you take your first tablet is above the tablet marked "START". Now there is a day of the week over every tablet, so that you can easily check at any time if you have taken today's pill.

When one blister sheet of pills is finished, you should simply continue directly with a new one. **Do not take a break between the blister sheets.**

Slinda must be taken daily, in the correct order and at approximately the same time of day.

Fäst veckodagsetiketten här / Kiinnitä päivätarra tähän



Silinda® 4mg

Start with Slinda

Please note that you can start using **Slinda** tablets 21 to 28 days after delivery. If you start later, you must use extra contraception for the next 7 days.

No hormonal contraceptive during the previous month	Switching from a combined contraceptive ¹	Switching from a contraceptive ring ¹ or contraceptive patch ¹	Switching from a minipill ²	Switching from an implant, injection or hormonal IUD
<p>Slinda is started on the first day of the natural cycle (= first day of bleeding).</p>	<p>Slinda is started on the day following the taking of the final tablet containing active ingredients of the earlier combined contraceptive pills.</p>	<p>Slinda is started on the same day as the contraceptive ring or contraceptive patch is removed.</p>	<p>You can stop using the mini pill at any time and start using Slinda the next day.</p>	<p>Slinda is started on the day of removal of the implant or hormonal IUD or on the next planned injection day.</p>
	<p>You can also start taking Slinda no later than the day after your usual break in tablets, contraceptive ring or contraceptive pill, or the day after your last contraceptive pill's placebo. In this case, use extra contraception (eg a condom) for the first 7 days of using Slinda.</p> <p>1) Contains two types of hormones: estrogen and progestin</p>		<p>2) Contains only one type of hormone: progestin</p>	

Follow your public healthcare professional's instructions if you start using contraceptive pills after use of an emergency contraceptive pill, abortion or birth, or in connection with a "quick start".



After childbirth

You can begin to take **Slinda** 21 to 28 days after having a baby. If you begin later than day 28, but before your menstruation has returned, you should first ensure that you are not pregnant. Use extra protection (e.g. a condom) during the first 7 days of taking your pills.

If you have had intercourse, you should make sure you are not pregnant before taking **Slinda**.

Slinda can also be used by mothers who are breastfeeding. Very small amounts of the active substance in **Slinda** do get carried into the mother's milk, but no effect on newborns or babies being breastfed is expected.

If you become ill

If you vomit or get severe diarrhoea within 3–4 hours of taking an active **Slinda** tablet, you should take a new active (white) tablet from a different blister sheet as soon as possible. If possible, take the new tablet within 24 hours of taking the original one. No other precautions are necessary. If that is not possible, or if 24 hours or more have passed, follow the instructions under “Did you forget a tablet?”





Did you forget a tablet?


If you are delayed by **more than 24 hours** to take one white active tablet, take the forgotten tablet as soon as you remember, even if it means taking two tablets at the same time, and use additional contraception (for example, a condom) for the next 7 days. Then continue taking the tablets at the usual time.

The more consecutive tablets you forget to take, the greater the risk of reduced protection from pregnancy.

If you forget a tablet during your **first week** of taking **Slinda**, and have intercourse during that week, there is a risk of pregnancy. In this case, contact a healthcare professional.

If you forget to take a tablet between **days 15 and 24** (from the third or fourth row), you should take the forgotten tablet as soon as you realize this, even if it means that you take two tablets at the same time.

Then continue to take the active white tablets at your usual time. Do not take the green placebo pills, but start immediately



with the new blister sheet (the starting day changes). By skipping the green placebo pills, you are still protected against pregnancy.

The last 4 green tablets on each sheet are placebo pills. If you forget to take one of these, it has no effect - you are still protected from pregnancy. Simply throw out the forgotten placebo pill.

Avoid consuming grapefruit and grapefruit juice when taking **Slinda**.

Read more about possible side effects in the package leaflet.

Certain medicines and natural remedies can weaken the effect of **Slinda**. A healthcare professional can advise you about a possible need for additional birth control precautions, and in that case for how long you might need them.

Please note that **Slinda** can also affect the efficacy of other medicines, either by increasing or decreasing their effect.

Tell your healthcare professional if you are taking, have recently taken, or may take other medication.



Possible adverse effects

Like all contraceptives, **Slinda** can cause side effects. Not everyone, however, gets them. The most common side effects are headache, nausea, abdominal pain, change in sexual desire, mood changes, acne, discomfort in the breasts, menstruation pain, and weight gain.

You may also experience irregular bleeding or bleeding may be completely absent. The absence or irregularity of leakage does not imply a decrease in the effectiveness of **Slinda**. If you have severe/prolonged bleeding or if the side effects persist for a long time, talk to your healthcare professional.

Contact a healthcare professional immediately if



- You experience acute pain or swelling in your leg, inexplicable chest pains, breathing difficulty or abnormal coughing, especially if you cough up blood (these can be signs of a blood clot)
- You detect a lump in your breast (a possible sign of breast cancer)
- you have sudden, severe stomach pain, jaundice or dark urine (may be a sign of liver problems)
- You get sudden, severe pain in your lower abdomen (a possible sign of ectopic (tubal) pregnancy)
- You are bed-ridden or are awaiting major surgery
- You experience unusual, heavy vaginal bleeding
- You suspect you might be pregnant

If you end up, e.g., being treated in hospital, remember to mention that you use **Slinda**-contraceptive pill.

The package leaflet contains more information on possible adverse effects.

References:

Slinda-summary of product characteristics

Slinda-package leaflet



Use the Vnr number to get more information about the product at www.exeltis.fi/products/slinda or scan the QR code with your phone's camera and enter the package Vnr number.

