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Patient Information sheet: Information for the user

P4097T

DESOGESTREL 75 microgram

FILM-COATED TABLETS

Desogestrel

If this is your first time using Desogestrel Tablet, you must read all of this leaflet carefully before you start taking it.

If you have already used Desogestrel Tablet, you must check this medicine is still right for you.

- **Take one tablet at the same time every day, without any break between packs.** Always read *"When and how to take the tablets"* before starting Desogestrel Tablet.
- **If you forget to take Desogestrel Tablet,**
  - If you are **less than 12 hours late**, take the delayed pill straight away and take your further pills as usual. Desogestrel Tablet will still protect you from pregnancy.
  - If you are **more than 12 hours late**, take the most recently missed pill straight away and leave any earlier missed pills in the strip. Take your further pills as usual.
    Use extra contraception (e.g. condoms) for the next 7 days. Missing tablets at any time in the cycle can reduce the efficacy of Desogestrel Tablet and risk pregnancy but if you have missed one or more tablets in the first week of taking Desogestrel Tablet and had sex in the week before missing the tablets, the risk you may get pregnant is higher. Ask your pharmacist for advice.

For full details, **see the chart in section 3**, under *"If you forget to take Desogestrel Tablet"*.

- It is common for women taking Desogestrel Tablet to have bleeding patterns which are different from their usual periods, or to have no periods at all (see section 4, under *"Changes to your periods"*).
- In some circumstances it may not be appropriate to take Desogestrel Tablet or it may be necessary to consult a doctor before taking Desogestrel Tablet (see section 2, under *"Do not take Desogestrel Tablet"* and section 2, under "Warnings and precautions").
- Some medicines may reduce the efficacy of Desogestrel Tablet. Tell your pharmacist if you are taking, or may start taking, any other medicines (see section 2, under *"Taking other medicines"*).

Now read the rest of this leaflet. It includes other key points on the safe and effective use of this medicine that might be especially important for you.

This leaflet was last revised in August 2026.

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.
Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist or nurse has told you.

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

You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet:

1. What Desogestrel Tablets are and what they are used for
2. What you need to know before you take Desogestrel Tablets
3. How to take Desogestrel Tablets
4. Possible side effects
5. How to store Desogestrel Tablets
6. Contents of the pack and other information

1. What Desogestrel Tablets are and what they are used for

The full name of this medicine is Desogestrel 75 microgram Film-coated tablets but within the leaflet it will be referred to as Desogestrel Tablets.

Desogestrel Tablets are daily contraceptive used to prevent pregnancy for women of childbearing age. It is an *oral hormonal contraceptive* (often called "the pill"). Desogestrel Tablets works primarily by preventing a woman's egg cell from ripening (prevents ovulation); It also has effects on cervical mucus which makes it more difficult for sperm to enter the womb.

Desogestrel Tablets contain a small amount of one type of female sex hormone; the progestogen desogestrel. For this reason Desogestrel is called a *progestogen-only-pill* (POP).

Unlike the combined pill, the POP does not contain an oestrogen hormone in addition to the progestogen.

Other methods of contraception are available with a prescription that might suit you better – see section 6, under *"More about contraception and women's health screening"* at the end of this leaflet. Talk to your pharmacist, doctor or family planning nurse if you want more information.

Unlike the combined pill, Desogestrel tablet can be used

- by women who **cannot take oestrogens**, or do not want to
- by women who are **breast-feeding**

If you think you are post-menopausal, talk to your doctor, pharmacist or family planning nurse. You may not need to take contraceptives.

Hormonal contraceptives, including Desogestrel, do not protect you against HIV infection (AIDS) or any other sexually transmitted disease. Only condoms can protect you from sexually transmitted infections.

Desogestrel does not work as an emergency contraceptive. If it's taken every day it will protect against a pregnancy in the future.

2. What you need to know before you take Desogestrel Tablets

DO NOT take Desogestrel Tablets:

- If you are **allergic** to desogestrel, soya, peanuts or any of the other ingredients of this medicine (listed in section 6 *"Contents of the packs and other information"*).
- If you have a **blood clot** in a blood vessel (e.g. in the legs (*deep vein thrombosis*) or lungs (*pulmonary embolism*)) (see section *"Blood clots"* in section 2, under *"Warnings and precautions"*).
- If you have or have had, **jaundice** (yellowing of the skin or whites of the eyes) or severe **liver diseases** and blood tests show your liver has not returned to normal.
- If you have **cancer** that is affected by sex-steroid hormones, such as certain types of breast cancer, ovarian cancer, endometrial (uterine) cancer.
- If you have any **unexplained vaginal bleeding** between your periods, or if you repeatedly have bleeding after sex.
- if you are **pregnant** or think you may be pregnant. (Signs of pregnancy are listed in section 2, under *"Pregnancy and breast-feeding"*).
- If you have meningioma or have ever been diagnosed with a meningioma (a tumour of the tissue layer surrounding the brain and spinal cord that is usually benign). See section Warnings and precautions.

Talk to your **doctor, pharmacist or family planning nurse** if any of these apply to you. Your doctor, pharmacist or family planning nurse may advise you to use a different method of birth control.

Warnings and precautions
Tell your doctor, pharmacist or family planning nurse before you start to use Desogestrel Tablets, if

- you have ever had **cancer** that is affected by progestogen hormones, such as certain types of the breast, ovarian cancer, endometrial (uterine) cancer.
- you have liver **cancer**, or other liver problems
- you have ever had a **blood clot** in the legs (*deep vein thrombosis*) or lungs (*pulmonary embolism*).
- you have **diabetes.**
- you have **epilepsy** (see section 2, under *"Taking other medicines"*)
- you have **tuberculosis** (see section 2, under *"Taking other medicines"*)
- you have **high blood pressure.**
- you have or have had **chloasma** (yellowish-brown pigmentation patches on the skin, particularly of the face)

If any of these apply to you, you may still be able to take Desogestrel Tablets but your doctor, pharmacist or family planning nurse may want to see you from time to time.

It is common for women taking Desogestrel to have bleeding patterns that are different from their usual periods. Some women will have bleeding less often, or none at all; some will have bleeding more often. Bleeding patterns may settle with time. A change in your bleeding pattern is not something you should normally be worried about if you are taking your pill as directed – see section 4, under *"Changes to your periods"*.

Breast cancer

- It is important to regularly check your breasts and you should contact your doctor as soon as possible if you feel any lump in your breasts.
- Breast cancer has been found slightly more often in women who take any contraceptive Pill than in women of the same age who do not take the Pill. The risk with progestogen only pills, such as desogestrel, is thought to be similar to that in women on the combined pill. If women stop taking the Pill, the risk gradually decreases, so that 10 years after stopping the risk is the same as for women who have never taken the Pill. Breast cancer is rare under 40 years of age but the risk increases as the woman gets older. Therefore, the extra number of breast cancers diagnosed is higher if woman continues to take the Pill when she is older. How long she takes the Pill is less important.

In every 10 000 women who take the Pill for up to 5 years but stop taking it by:

- the age of 20, there would be less than 1 extra case of breast cancer found up to 10 years after stopping, in addition to the 4 cases normally diagnosed in this age group.
- the age of 30, there would be 5 extra cases in addition to the 44 cases normally diagnosed.
- the age of 40, there would be 20 extra cases in addition to the 160 cases normally diagnosed.

The risk of breast cancer in progestogen only pills, like Desogestrel is believed to be similar to that in women who use the combined pill, but the evidence is less conclusive. Breast cancers found in women who take the combined pill seem less likely to have spread than breast cancers found in women who do not take the combined pill. It is not certain whether the combined pill causes the increased risk of breast cancer. It may be that the women were examined more often, so that the breast cancer is noticed earlier.

See your doctor, pharmacist or family planning nurse IMMEDIATELY, if you notice possible signs of above.

Meningiomas
Use of desogestrel has been linked to a small increased risk for tumours of the tissue surrounding the brain and spinal cord that are usually benign (meningiomas). The risk appears to increase with longer use and in women who have previously used progestogens associated with meningioma. Overall, about one additional case of meningioma is estimated to occur for every 67,300 women treated with desogestrel. If you are diagnosed with meningioma, your doctor will stop treatment with Desogestrel Tablets (see section 'Do not use Desogestrel Tablets'). If you notice any symptoms such as changes in vision (e.g. double vision or blurred vision), hearing loss or ringing in the ears, loss of smell, headaches that get worse over time, memory loss, seizures, or weakness in your arms or legs you must tell your doctor straight away.

Blood clots
Do not take Desogestrel tablet if you have a blood clot.

Being immobile can increase your risk of a blood clot. Consult your doctor, pharmacist or family planning nurse at least four weeks before planned surgery to see whether you should stop using Desogestrel tablet during that time.

A blood clot sometimes occurs in the deep veins of the legs (deep venous thrombosis) can cause the following symptoms, usually in the calf:

- swelling of the leg
- redness and warm skin
- severe pain in the leg.

If this clot breaks away from the veins where it is formed, it may reach and block the arteries of the lungs, causing a so-called "pulmonary embolism". As a result, fatal situations may occur. Deep venous blood clot is a rare occurrence. Signs of a blood clot in the lungs include:

- chest pain
- breathlessness
- coughing up blood

Blood clots in major arteries and veins are rare but can cause serious health problems. The risk of blood clot is higher in women on any type of contraceptive pill (but no higher than the risk in pregnant women) The risk with progestogen-only pills, like Desogestrel Tablets, is believed to be lower than in users of Pills that also contain oestrogens (combined Pills) but this has yet to be confirmed.

Contact your doctor immediately if you notice any of the signs above.

Pregnancy outside the womb (ectopic pregnancy)
Desogestrel tablets consistently inhibits ovulation (see section 1 *"What Desogestrel Tablets is and what it is used for"*) and so reduces the risk of pregnancy outside the womb. However, contact your doctor, pharmacist or family planning nurse immediately if you have sudden or severe pain in the lower abdomen or stomach area with or without vaginal bleeding, even if you don't think you are pregnant.

Mental health
Some women using hormonal contraceptives, including Desogestrel Tablets, have reported depression or depressed mood. Depression can be serious and sometimes lead to suicidal thoughts. If you experience mood changes and depressive symptoms, **contact your doctor, pharmacist or family planning nurse as soon as possible.**

High blood pressure (hypertension)
If you develop high blood pressure during the use of Desogestrel Tablets, or if your blood pressure remains high despite treatment you have been given, contact your doctor, pharmacist or family planning nurse to decide whether Desogestrel tablets should be stopped.

Effect on bone mineral density
Because Desogestrel prevents ovulation, it reduces the overall level of estrogen hormone in the bloodstream. It is not known whether this reduction has any effect on bone density and risk of fracture in later life.

Children and adolescents
No clinical data on efficacy and safety are available in adolescents below 18 years.

Other medicines and Desogestrel Tablets
Tell your pharmacist, doctor or family planning nurse if you are taking any other medicines, have recently taken any, or might in the future. This includes medicines that you buy without a prescription, and herbal remedies.

Also tell any other doctor who prescribes another medicine (or your pharmacist or family planning nurse) that you take desogestrel. They can tell you if the other medicine is ok to take at the same time, and whether you need to use extra contraception (for example, condoms).

If you are using these medicines or herbal remedies listed below either **chronically** or for **long-term treatment**, you should **consult your doctor**, pharmacist or family planning nurse as an alternative method of contraception may be more appropriate for you.

Substances which may lead to unexpected bleeding and/or contraceptive failure in women using Desogestrel Tablets
These include treatments for:

- Epilepsy (e.g. primidone, phenytoin, barbiturates, carbamazepine, oxcarbazepine, felbamate, topiramate, phenobarbital)
- Tuberculosis (e.g. rifampicin, rifabutin)
- HIV infections (e.g. efavirenz)
- Pulmonary arterial hypertension: high blood pressure in the blood vessels of the lungs (bosentan)
- Depression (the herbal remedy St. John's Wort)
- Fungal infections (e.g. griseofulvin)

All these medicines or herbal remedies can stop Desogestrel Tablets working properly. If you are using any of these medicines or herbal remedies for **short term** treatment. you can continue taking Desogestrel Tablets, but **you must also use extra contraception** (for example, condoms) every time you have sex during treatment and until 28 days after stopping the last dose of the other medicine or herbal remedy.

If you are using these medicines or herbal remedies either **chronically** or for **long-term treatment**, you should **consult your doctor, pharmacist or family planning nurse for further advice.**

Substances increasing the blood levels of Desogestrel Tablets
These include medicines used for the treatment of:

- certain bacterial infections (e.g. clarithromycin, erythromycin);
- fungal infections (e.g. ketoconazole, itraconazole, fluconazole)
- high blood pressure (hypertension) angina or certain heart rhythm disorders (e.g. diltiazem).

The leaflet for these medicines needs to be consulted to identify potential interactions and any recommendations. **Ask your pharmacist for advice.**

If you are taking medicines or herbal products that might make Desogestrel Tablets less effective, a barrier contraceptive method should also be used. Since the effect of another medicine on Desogestrel Tablets may last up to 28 days after stopping the medicine, it is necessary to use the additional barrier contraceptive method for that long.

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

Substances with variable effects on the blood levels of Desogestrel
These include treatments for:

- HIV infections (e.g. ritonavir, nelfinavir, nevirapine)
- Hepatitis C virus infection (e.g. boceprevir, telaprevir)

The leaflet for these medicines needs to be consulted to identify potential interactions and any recommendations. **Ask your doctor, pharmacist or family planning nurse for advice. In case of doubt, you must use extra contraception (for example, condoms) during treatment with these medicines.**

Desogestrel may also interfere with how other medicines work, causing either an increase in effect (e.g. medicines containing ciclosporin) or a decrease in effect.

For more advice, ask your pharmacist.

Taking emergency contraception containing ulipristal acetate
Using Desogestrel tablet and emergency contraception containing ulipristal acetate together can alter the effect of both these medicines, resulting in reduced contraceptive effect and increased risk of pregnancy.

If you have used emergency contraception containing ulipristal acetate during your cycle, you must wait 5 days after taking ulipristal acetate before taking Desogestrel. You **must also use additional contraception** (for example, condoms) every time you have sex during the 5 days while you wait to start or resume taking Desogestrel and for the first 7 days of taking Desogestrel (i.e. **for a total of 12 days**).

For more advice, ask your pharmacist, doctor or family planning nurse.

Pregnancy and breast-feeding
If you are pregnant or think you may be pregnant DO NOT use Desogestrel Tablets.

Take a pregnancy test or talk to your pharmacist, doctor or family planning nurse if your period is late after missing any pills in the last month, or if you think you may be pregnant. If you become pregnant, **stop taking Desogestrel tablet and see your doctor, pharmacist or family planning nurse.**

Signs that you may be pregnant include: a missed period, tender breasts, feeling sick, tiredness, and mood swings.

Breast-feeding
Desogestrel Tablets may be used while you are breast-feeding. Desogestrel Tablets do not appear to influence the production or the quality of breast milk. However, there have been infrequent reports of a decrease in breast milk production while using Desogestrel tablet. A small amount of the active substance of Desogestrel Tablets passes over into the milk.

The health of children breast-fed for 7 months whose mothers were using Desogestrel Tablets has been studied up to 2 ½ years of age.

No effects on the growth and development of the children were observed.

If you want to get pregnant
If you decide you want to become pregnant, simply stop taking Desogestrel Tablets. Desogestrel Tablets will not delay your ability to get pregnant.

Driving and using machines
Desogestrel Tablets has no known effect on your ability to drive or use machines.

Desogestrel Tablets contain lactose and soyabean oil
Desogestrel Tablets contains lactose (milk sugar) and soyabean oil. If you are allergic to peanut or soya, do not use this medicinal product.

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

Regular check-ups
It is important that you continue to have regular smear tests (cervical screening) while taking Desogestrel Tablet.

If you are worried you may have got a Sexually Transmitted Infection (STI) including HIV (AIDS), go for a check-up at a sexual health clinic as soon as you can. Many STIs, like HIV, have no symptoms at all. The only way to know for sure that you do not have an STI is to get tested. Only barrier methods (such as condoms) can protect you from sexually transmitted infections.

Contact your doctor immediately if:

- you have severe pain or swelling in either of your legs, unexplained pains in the chest, breathlessness, an unusual cough, especially when you cough up blood (possibly a sign of a **blood clot**).
- you have a sudden, severe stomach ache or look jaundiced (possibly a sign of **liver problems**).
- you have a sudden or severe pain in the lower abdomen or stomach area with or without vaginal bleeding, even if you don't think you are pregnant (possibly a sign of an **ectopic pregnancy**, this is a pregnancy outside the womb).

As soon as possible if:

- you feel a lump in your breast (possibly a sign of **breast cancer**).
- you are to be immobilised or are to have surgery (consult your doctor at least four weeks in advance).
- you have unusual, heavy **vaginal bleeding** or if you repeatedly have bleeding after sex.
- you suspect that you are **pregnant.**
- If you are due to have surgery that will make you immobile, consult your doctor at least four weeks in advance.

3. How to take Desogestrel Tablets

When and how to take the tablets?
Desogestrel tablet will not prevent pregnancy unless taken exactly as directed.

Take one tablet at the same time every day, without a break between packs.

Swallow the tablet whole.

Choose a convenient time of day. It is best to link this to something you already do at the same time every day.

For example, when you wake up, or when you brush your teeth.

Never skip your daily tablet. Take it every day, even when you bleed or have spotting (see Section 4, *"Possible side effects"*)

The Desogestrel Tablets pack contains 28 tablets. The days of the week are printed in the blister and also arrows are printed indicating the order to take the pills. Each day corresponds with one tablet. Every time you start a new pack of Desogestrel Tablets, take a tablet from the top row. Don't start with just any tablet. For example if you start on a Wednesday, you must take the tablet from the top row marked with (on the back) with 'WED'. Continue to take one tablet every day until the pack is empty, always following the direction indicated by the arrows. By looking at the back of your pack you can easily check if you have already taken a tablet on a particular day. **Take your tablet each day at about the same time**. Swallow the tablet whole, with water. You may have some bleeding during the use of Desogestrel Tablets, but you must continue to take your tablets as normal. When a pack is empty, you must start with a new pack of Desogestrel Tablets on the next day – without interruption and without waiting for a bleed.

Start your first pack of Desogestrel Tablets

Not currently using hormonal contraception:

- **If you are not using hormonal contraception** now or in the past month (for example, pill, vaginal ring, skin patch, injection, implant, hormone-containing coil (IUS)), wait for your period to begin.
- **When no hormonal contraceptive has been used in the past month**
  Wait for your period to begin. On the first day of your period take the first Desogestrel Tablets. You need not take extra contraceptive precautions.
  You may also start on days 2-5 of your cycle, but in that case make sure you also use an additional contraceptive method (barrier method) for the first 7 days of tablet-taking.

When you change from a combined pill:

- Start taking Desogestrel on the day after the last active tablet from your present Pill pack. Some combined pill packs have inactive pills so if you are not sure what is the last active tablet, check with the pharmacist. You do not need additional contraception.
- If there is a break between when you took your last combined pill and when you start taking Desogestrel (i.e. you do not start taking Desogestrel the day immediately after taking the last active tablet), you need to use additional barrier contraception (condom) for 7 days.

Changing from a vaginal ring or skin patch:

- If there **has been a break** between removal of the vaginal ring or skin patch (i.e. you are not starting Desogestrel tablet on the day of removal of the ring or patch), **make sure you use extra contraception (for example condoms) for the first 7 days of taking Desogestrel tablet**
- If you **start taking Desogestrel tablet on the day of removal** of the vaginal ring or skin patch, you do not need extra contraception

When changing from another progestogen-only pill:

- Switch on any day from another progestogen-only pill. You must start the day after you stop your other pill. You do not need extra contraception.

When changing from an injection or implant or hormone containing coil (IUS):

- When changing from an injection, start using Desogestrel tablet on the same day the injection is due. You need not take extra contraceptive precautions.
- When changing from an implant or hormone-containing coil (IUS), start Desogestrel Tablets the same day the IUS or implant is removed.
- Your doctor will advise you when the IUS should be removed and whether you need any extra contraception.

Starting or resuming Desogestrel Tablet following emergency contraception:

- Ask your pharmacist for advice on how to start taking or resume taking Desogestrel Tablets following emergency contraception. If you have taken emergency contraception, it is advisable to wait until day 1 of your next menstrual period before taking Desogestrel Tablets.
- Emergency contraception containing **levonorgestrel** can be used with Desogestrel Tablets. If you have used emergency contraception containing levonorgestrel during your cycle, you can start or continue taking Desogestrel Tablets the same day, but you **must use additional contraception** (for example, condoms) every time you have sex for the next **7 days**.
- Using Desogestrel Tablets and emergency contraception containing **ulipristal acetate** together can alter the effect of both these medicines, resulting in reduced contraceptive effect and increased risk of pregnancy. If you have used emergency contraception containing ulipristal acetate during your cycle, you must wait 5 days after taking ulipristal acetate before taking Desogestrel Tablets and you **must also use additional contraception** (for example, condoms) every time you have sex during the 5 days while you wait to start or resume taking Desogestrel Tablets and for the first 7 days of taking Desogestrel Tablets (i.e. for a **total of 12 days**).

After having a baby:

- You can start Desogestrel Tablets between 1 and 21 days after the birth of your baby. If you start later, make sure that you use an additional barrier method of contraception (for example, condoms) until you have completed the first 7 days of tablet-taking.
- If you have already had unprotected sex, take a pregnancy test or talk to your doctor or pharmacist or family planning nurse before starting desogestrel. Additional information for breast-feeding women can be found in *'Pregnancy and Breast-feeding'* in section 2. Your doctor can also advise you.

After a miscarriage or a premature termination of pregnancy:

- You can start Desogestrel Tablets immediately or within 5 days of a miscarriage or an abortion. You do not need extra contraception. Your doctor will advise you.

If you forget to take Desogestrel Tablets
If you are **less than 12 hours** late:

- Take the missed tablet as soon as you remember and take the next tablets at the usual times. This may mean taking two pills in one day. Don't worry, your contraceptive protection should not be reduced.

If you are **more than 12 hours** late:

- If you are more than 12 hours late in taking any tablet, you may not be completely protected against pregnancy. The more consecutive tablets you have missed, the higher the risk that you might fall pregnant.
- Take a tablet as soon as you remember and take the next one at the usual time. This may mean taking two tablets in one day. This is not harmful. (If you have forgotten more than one tablet you don't need to take the earlier missed ones). Continue to take your tablets as usual but you must also use an extra method, such as a condom, for the next 7 days.
- If you are more than 12 hours late taking your tablet and have sex consult your doctor, pharmacist or family planning nurse for advice.

- Missing Desogestrel at any time in the cycle can reduce the efficacy of Desogestrel and risk pregnancy but if you missed one or more tablets in the first week of tablet-intake and had sex in the week before missing the tablets, the risk that you may get pregnant is higher. Ask your doctor, pharmacist or family planning nurse for advice and if you need to use emergency contraception.

Stop taking Desogestrel Tablets and see your doctor if you become pregnant (see section 2, under *"Pregnancy and breast-feeding"*).

If you suffer from gastro-intestinal disturbances (e.g. vomiting, severe diarrhoea)
If you vomit within 3 - 4 hours after taking your Desogestrel tablet or have severe or persistent vomiting diarrhoea, follow the advice for missed tablets in the section 3, under *"If you forget to take Desogestrel Tablets"*, the active ingredient may not have been completely absorbed and contraceptive effect may be reduced. You should use additional contraception (for example, condoms) for the duration of the illness and for the first 7 days of normal pill taking. If you are not sure what to do, ask your pharmacist for advice.

If you take more Desogestrel Tablets than you should
There have been no reports of serious harmfull effects from taking too many Desogestrel Tablets at one time. Symptoms that may occur are nausea, vomiting and in young girls, slight vaginal bleeding. For more information ask your doctor for advice.

If you stop taking Desogestrel Tablets
You can stop taking Desogestrel Tablets whenever you want. From the day you stop you are no longer protected against pregnancy.

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

4. Possible side effects

Like all medicines, Desogestrel Tablet can cause side effects, although not everybody gets them. Tell your pharmacist, doctor or family planning nurse if you notice any unwanted effect, especially if severe or persistent.

Serious side effects are rare Severe allergic reactions
You may experience signs of a severe allergic reaction (hypersensitivity) including:

- swollen face, lips, tongue and/or throat
- difficulty swallowing or breathing

Get medical advice immediately if you get any of these.

Pregnancy outside the womb (ectopic pregnancy)
Rarely, women taking Desogestrel tablets have had an ectopic pregnancy, where the baby develops outside the womb. Symptoms might include:

- a sudden or severe pain in the lower abdomen or stomach area with or without vaginal bleeding **Contact your doctor immediately** if you get these.

Risk of blood clots
Women taking hormonal contraceptive pills are at increased risk of blood clots – see *"Blood clots"* in section 2, under *"Warnings and precautions"*. Symptoms might include:

- swelling, redness or pain in the leg
- chest pain, breathlessness or coughing up blood

Contact your doctor immediately if you notice these.

Changes to your periods
Vaginal bleeding may occur at irregular intervals during the use of Desogestrel Tablets. This may be just slight staining which may not even require a pad, or heavier bleeding, which looks rather like a light period and requires sanitary protection. You may also not have any bleeding at all. The irregular bleedings are not a sign that the contraceptive protection of Desogestrel Tablets is decreased. In general, you need not take any action; just continue to take Desogestrel Tablets. If, however, bleeding is heavy or prolonged consult your doctor.

Contact your doctor or family planning nurse if you start to have these changes:

- your menstrual period differs from that which would be expected with Desogestrel Tablet
- your menstrual period is more frequent than you find acceptable
- your menstrual period is unusually heavy
- you repeatedly have bleeding that is brought on by sex

Meanwhile, you must continue to take Desogestrel Tablet every day.

How often are other possible side effects seen?

- Common (may affect up to 1 in 10 women): mood changes, depressed mood, decreased sexual drive (libido), headache, nausea, acne, breast pain, irregular or no menstruation, increased body weight.
- Uncommon (may affect up to 1 in 100 women): infection of the vagina, difficulties in wearing contact lenses, vomiting, hair loss, painful menstruation, ovarian cyst, tiredness.
- Rare (may affect up to 1 in 1000 women): rash, hives, painful blue-red skin lumps (erythema nodosum). These are skin conditions.
- Not known (cannot be estimated from the available data): Tumour of the tissue surrounding the brain and spinal cord that is usually benign (meningioma).

Apart from these side effects, breast secretion may occur.

Reporting of side effects
If you get any side effects, talk to your doctor or pharmacist or family planning nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.
By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Desogestrel Tablets

KEEP OUT OF THE SIGHT AND REACH OF CHILDREN.

Store below 30ºC. Store in the original package.

DO NOT use Desogestrel Tablets after the expiry date which is stated on the carton after "EXP:". The Expiry date refers to the last day of that month.

The active substance shows an environmental risk to fish.

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 Desogestrel Tablets contain
The active substance is: desogestrel (75 microgram).

The other ingredients are: maize starch, povidone K30, d-α-tocopherol, silica colloidal anhydrous, silica colloidal hydrated, stearic acid, hypromellose, polyethylene glycol, titanium dioxide (E171), lactose, soya oil (see also "Desogestrel Tablets contains lactose and soya oil" in section 2).

What Desogestrel Tablets look like and content of the pack
One blister pack of Desogestrel Tablets contains 28 round, plain, white film-coated tablets. Each carton contains 1 or 3 blisters.

Not all pack sizes may be marketed

Marketing Authorisation Holder and Manufacturer
Marketing Authorisation Holder
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More about contraception and women's health screening

Regular contraception
There are many different types of contraception available, and you should be able to find the right method for you.

The different contraception options are listed below from the most effective to the least effective. **You can ask your doctor or family planning nurse for advice.**

Male and female sterilisation	Permanent method
Progestogen-only implant	Long-lasting method (3 years)
Hormone-containing coil (IUS)	Long-lasting method (5 years)
Copper-coil (IUD)	Long-lasting method (5 to 10 years)
Progestogen-only injectable	Long-lasting method (8 to 13 weeks)
Combined oral contraception (COC) pill, progestogen-only pill (POP), Transdermal patch (patch), vaginal ring	Daily method (pill) Weekly or monthly method
Male and female condoms	With every episode of sex
Female diaphragm	With every episode of sex
Natural family planning	Avoid sex during fertile time

Emergency contraception
Consider taking emergency contraception after unprotected sex, or if your contraceptive method has failed (for example, a condom has split or you have missed a pill). Ask any pharmacist for advice.

Women's health screening
Smear tests (cervical screening) are offered by the NHS to women aged 25 to 64 to check the health of cells in the cervix.

Breast screening is also offered to women aged 50 to 71 to detect early signs of breast cancer. For cervical screening and breast screening, contact your doctor. You can also contact your local breast screening unit.

Other sources of information
For further information on all methods of contraception, emergency contraception or screening, go to https://www.nhs.uk.

P4097T
LEON CODE

10 mm
202 mm
10 mm
222 mm

Crescent PHARMA LIMITED

Product:	Desogestrel 75 Micrograms Film-coated Tablets
Item Code:	P4097T
Size:	222 x 680 mm
Min. Point size:	9pt
O. Artwork	28/08/26
Proof No.	1
Amendment Date:	

Colours Used	
	Process Black
	Keyline - Does not print