

# Katya 30/75 Coated Tablets

ETHINYLESTRADIOL / GESTODENE

## PACKAGE LEAFLET: INFORMATION FOR THE USER

### Katya 30/75 coated tablets

Ethinylestradiol / Gestodene

#### 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”)

#### Read all of this leaflet carefully before you start taking 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.
- 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.

#### What is in this leaflet

1. What Katya 30/75 coated tablets are and what they are used for
2. What you need to know before you take Katya 30/75 coated tablets
3. How to take Katya 30/75 coated tablets
4. Possible side effects
5. How to store Katya 30/75 coated tablets
6. Contents of the pack and other information

#### 1. WHAT KATYA 30/75 COATED TABLETS ARE AND WHAT THEY ARE USED FOR

- Katya 30/75 coated tablets is a contraceptive pill and is used to prevent pregnancy.
- Each tablet contains a small amount of two different female hormones, namely ethinylestradiol and gestodene.
- Contraceptive pills as Katya 30/75 coated tablets that contain two hormones are called “combination” pills.

#### 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE KATYA 30/75 COATED TABLETS

##### General notes

Before you start using Katya 30/75 coated tablets you should read the information on blood clots (thrombosis) in section 2. It is particularly important to read the symptoms of a blood clot – see Section 2 “Blood clots”).

Before you can begin taking Katya 30/75 coated tablets, 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.

In this leaflet, several situations are described where you should stop using Katya 30/75 coated tablets, or where the reliability of Katya 30/75 coated tablets may be decreased. In such situations you should either not have intercourse or you should take extra non-hormonal contraceptive precautions, e.g., a condom or another barrier method. Do not use rhythm or temperature methods. These methods can be unreliable because Katya 30/75 coated tablets alters the monthly changes of the body temperature and of the cervical mucus.

**Katya 30/75 coated tablets, like other hormonal contraceptives, do not protect against HIV infection (AIDS) or any other sexually transmitted disease.**

#### Do not use Katya 30/75 coated tablets

You should not use Katya 30/75 coated tablets 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.

- 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 (thrombosis and embolus)’
- 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 (had) an inflammation of the pancreas (pancreatitis)
- if you have or have had a liver disease and your liver function is still not normal.
- if you have or have had a tumour in the liver.
- if your kidneys are not working well (renal failure).
- if you have (had) or if you are suspected to having breast cancer or cancer of the genital organs.
- if you have any unexplained bleeding from the vagina.
- if you are allergic to ethinylestradiol or gestodene, or any of the other ingredients of this medicine (listed in section 6). This can be recognised by itching, rash or swelling.
- If you have hepatitis C and are taking the medicinal products containing ombitasvir/paritaprevir/ritonavir, dasabuvir, glecaprevir/pibrentasvir or sofosbuvir/velpatasvir/voxilaprevir (see also in section Other medicines and Katya 30/75).

#### Warnings and precautions

When should you contact your doctor?

##### Seek urgent medical attention

- 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 clot’ (thrombosis) section below.

For a description of the symptoms of these serious side effects please go to “How to recognise a blood clot”.

Psychiatric disorders:

Some women using hormonal contraceptives including Katya 30/75 have reported depression or depressed mood. Depression can be serious and may sometimes lead to suicidal thoughts. If you experience mood changes and depressive symptoms contact your doctor for further medical advice as soon as possible.

#### Tell your doctor if any of the following conditions apply to you.

If the condition develops, or gets worse while you are using Katya 30/75 coated tablets, you should also tell your doctor.

In some situations you need to take special care while using Katya 30/75 coated tablets or any other combined hormonal contraceptive, and it may be necessary that you are regularly checked by your doctor. If any of the following conditions applies to you, you must inform your doctor before starting to use Katya 30/75 coated tablets:

- 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 (thrombosis)’).
- 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 Katya 30/75 coated tablets.
- if you have an inflammation in the veins under the skin (superficial thrombophlebitis).
- if you have varicose veins.
- if a close relative has (had) breast cancer or breast cancer was diagnosed
- if you have a disease of the liver or the gallbladder
- if you have diabetes
- if you have epilepsy (see section “Katya 30/75 coated tablets and other medicines”)
- if you have a disease that first appeared during pregnancy or earlier use of sex hormones (for example, hearing loss, porphyria (a disease of the blood), gestational herpes (skin rash with vesicles during pregnancy), Sydenham’s chorea (a disease of the nerves in which sudden movements of the body occur)
- if you have (had) chloasma (golden brown pigment patches, 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 (severe allergic reaction), products containing estrogens may induce or worsen symptoms of angioedema. You should see your doctor immediately if you experience symptoms of angioedema such as swollen face, tongue and/or pharynx and/or difficulty swallowing or hives together with difficulty breathing.

#### Katya 30/75 coated tablets and thrombosis

##### BLOOD CLOTS

Using a combined hormonal contraceptive such as Katya 30/75 coated tablets 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 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 Katya 30/75 coated tablets 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"><li>• swelling of one leg or along a vein in the leg or foot especially when accompanied by:<ul style="list-style-type: none"><li>- pain or tenderness in the leg which may be felt only when standing or walking</li><li>- increased warmth in the affected leg</li><li>- change in colour of the skin on the leg e.g. turning pale, red or blue</li></ul></li></ul>	Deep vein thrombosis
<ul style="list-style-type: none"><li>• sudden unexplained breathlessness or rapid breathing;</li><li>• sudden cough without an obvious cause, which may bring up blood;</li><li>• sharp chest pain which may increase with deep breathing;</li><li>• severe light headedness or dizziness;</li><li>• rapid or irregular heartbeat</li><li>• severe pain in your stomach;</li></ul> <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"><li>• immediate loss of vision or</li><li>• painless blurring of vision which can progress to loss of vision</li></ul>	Retinal vein thrombosis (blood clot in the eye)
<ul style="list-style-type: none"><li>• chest pain, discomfort, pressure, heaviness</li><li>• sensation of squeezing or fullness in the chest, arm or below the breastbone;</li><li>• fullness, indigestion or <u>choking feeling</u>;</li><li>• upper body discomfort radiating to the back, jaw, throat, arm and stomach;</li><li>• sweating, nausea, vomiting or dizziness;</li><li>• <u>extreme weakness, anxiety, or shortness of breath</u>;</li><li>• <u>rapid or irregular heartbeats</u></li></ul>	Heart attack
<ul style="list-style-type: none"><li>• sudden weakness or numbness of the face, arm or leg, <u>especially on one side of the body</u>;</li><li>• sudden confusion, <u>trouble speaking or understanding</u>;</li><li>• <u>sudden trouble seeing</u> in one or both eyes;</li><li>• sudden trouble walking, dizziness, loss of balance or coordination;</li><li>• sudden, severe or prolonged headache with no known cause;</li><li>• <u>loss of consciousness or fainting</u> with or without seizure.</li></ul> <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>	Stroke
<ul style="list-style-type: none"><li>• swelling and slight blue discolouration of an extremity;</li><li>• severe pain in your stomach (acute abdomen)</li></ul>	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 taking Katya 30/75 coated tablets 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 Katya 30/75 coated tablets 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, norethisterone, or norgestimate about 5-7 will develop a blood clot in a year.
- Out of 10,000 women who are using a combined hormonal contraceptive that contains gestodene such as Katya 30/75 coated tablets between about 9 and 12 women 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 <b>not using</b> a combined hormonal pill/patch/ring and are not pregnant	About 2 out of 10,000 women
Women using a combined hormonal contraceptive pill containing <b>levonorgestrel, norethisterone or norgestimate</b>	About 5-7 out of 10,000 women
Women using Katya 30/75 coated tablets	About 9-12 out of 10,000 women

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

The risk of a blood clot with Katya 30/75 coated tablets 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/m<sup>2</sup>);
- 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 Katya 30/75 coated tablets may need to be stopped several weeks before surgery or while you are less mobile. If you need to stop Katya 30/75 coated tablets 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 Katya 30/75 coated tablets needs to be stopped.

If any of the above conditions change while you are using Katya 30/75 coated tablets, 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 Katya 30/75 coated tablets is very small but can increase:

- with increasing age (beyond about 35 years);
- if you smoke. When using a combined hormonal contraceptive like Katya 30/75 coated tablets 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 Katya 30/75 coated tablets, 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.

#### Katya 30/75 coated tablets and cancer

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 combination hormonal contraceptives. It is important to regularly check your breasts and you should contact your doctor if you feel any lump.

In rare cases, benign liver tumours, and in even fewer cases malignant liver tumours have been reported in pill users. Contact your doctor if you have unusual severe abdominal pain.

#### Bleeding between periods

During the first few months that you are taking Katya 30/75 coated tablets, you may have unexpected bleeding (bleeding outside the gap week). If this bleeding continues longer than a few months, or if it begins after some months, your doctor must investigate the cause.

#### What you must do if no bleeding occurs in the gap week

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 the expected bleeding does not happen twice in succession, you may be pregnant. Contact your doctor immediately. Do not start the next strip until you are sure that you are not pregnant.

#### Other medicines and Katya 30/75 coated tablets

Always tell the doctor, who prescribes Katya 30/75 coated tablets, which medicines or herbal products you are already using. Also tell any other doctor or dentist who prescribes another medicine (or the dispensing pharmacist) that you use Katya 30/75 coated tablets. They can tell you if you need to take additional contraceptive precautions (for example condoms) and if so, for how long.

- Some medicines can make Katya 30/75 coated tablets less effective in preventing pregnancy, or can cause unexpected bleeding. These include medicines used for the treatment of epilepsy (e.g. hydantoin, topiramate, felbamate, lamotrigine, primidone, phenytoin, barbiturates, carbamazepine, oxcarbamazepine) and tuberculosis (e.g. rifampicin), immunomodulating agents (ciclosporin), HIV infections (ritonavir) or other infectious diseases (griseofulvin), and the herbal remedy St. John's wort.
- If you want to use herbal products containing St. John's wort while you are already using Katya 30/75 coated tablets you should consult your doctor first.
- Katya 30/75 coated tablets may decrease the efficacy of other medicines, e.g. medicines containing the immunomodulating agent ciclosporin, or the anti-epileptic lamotrigine (this could lead to an increased frequency of seizures).
- Do not use Katya 30/75 if you have Hepatitis C and are taking the medicinal products containing ombitasvir/paritaprevir/ritonavir, dasabuvir, glecaprevir/pibrentasvir or sofosbuvir/velpatasvir/voxilaprevir, as these products may cause increases in liver function blood test results (increase in ALT liver enzyme).

Your doctor will prescribe another type of contraceptive prior to start of the treatment with these medicinal products.

Katya 30/75 can be restarted approximately 2 weeks after completion of this treatment. See section "Do not use Katya 30/75".  
*Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.*

#### Laboratory tests

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

#### Pregnancy and breast-feeding

If you are pregnant, you must not take Katya 30/75 coated tablets. If you become pregnant while taking Katya 30/75 coated tablets you must stop immediately and contact your doctor.

#### Breast-feeding

Use of Katya 30/75 coated tablets is generally not advisable when a woman is breast-feeding. 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 Katya 30/75 coated tablets affects driving or use of machines.

#### Katya 30/75 coated tablets contain lactose and sucrose.

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

#### 3. HOW TO TAKE KATYA 30/75 COATED TABLETS

Take one tablet of Katya 30/75 coated tablets every day, if necessary with a small amount of water. You may take the tablets with or without food, but you should take the tablets every day around the same time.

The strip contains 21 tablets. Next to each tablet the day of the week is printed. If, for example you start on a Wednesday, take a tablet with "WED" next to it. Follow the direction of the arrow on the strip until all 21 tablets have been taken.

Then take no tablets for 7 days. In the course of these 7 tablet-free days (otherwise called a stop or gap week) bleeding should begin. This so-called "withdrawal bleeding" usually starts on the 2<sup>nd</sup> or 3<sup>rd</sup> day of the gap week.

On the 8<sup>th</sup> day after the last Katya 30/75 coated tablets (that is, after the 7-day gap week), start the following strip, even if the bleeding has not stopped. This means that you should start the following strip on the same day of the week and that the withdrawal bleed should occur during this time. If you use Katya 30/75 coated tablets in this manner, you are also protected against pregnancy during the 7 days that you are not taking a tablet.

#### When can you start with the first strip

- If you have not used a contraceptive with hormones in the previous month.*  
Begin with Katya 30/75 coated tablets on the first day of the cycle (that is the first day of your menstruation). If you start Katya 30/75 coated tablets on the first day of your menstruation you are immediately protected against pregnancy. You may also begin on day 2-5 of the cycle, but then you must use extra protective measures (for example, a condom) for the first 7 days.
- Changing from another combined hormonal contraceptive, or combined contraceptive vaginal ring or patch.*  
You can start Katya 30/75 coated tablets on the day after the tablet-free period of your previous pill finishes (or after the last inactive tablet of your previous pill). When changing from a combined contraceptive vaginal ring or patch, follow the advice of your doctor.
- Changing from a preparation containing only a progestogen (progestogen-only pill, injection, implant or a progestogen-releasing IUD).*  
You may switch any day from an injectable when the next injection would be due from the progestogen-only pill and from an implant or the IUD on the day of its removal.) 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 a miscarriage.*  
Follow the advice of your doctor.
- After having a baby.*  
After having a baby, you can start with Katya 30/75 coated tablets between 21 and 28 days later. If you start later than day 28, you must use a so-called barrier method (for example, a condom) during the first seven days of Katya 30/75 coated tablets use. If, after having a baby, you have had intercourse before starting Katya 30/75 coated tablets (again), you must first be sure that you are not pregnant otherwise you must wait until the next menstrual bleed.  
Let your doctor advise you in case you are not sure when to start.
- If you are breastfeeding and want to start Katya 30/75 coated tablets (again) after having a baby.*  
Katya 30/75 coated tablets should not be used during breast feeding. Read the section on "Breast feeding".

#### If you take more Katya 30/75 coated tablets than you should

There are no reports of serious harmful results of taking too many Katya 30/75 coated 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 Katya 30/75 coated tablets, or you discover that a child has taken some, ask your doctor or pharmacist for advice.

#### If you forget to take Katya 30/75 coated tablets

- If you are **less than 12 hours** late taking a tablet, the protection from pregnancy is not reduced. Take the tablet as soon as you remember and then take the following tablets again at the usual time.
- If you are **more than 12 hours** late taking a tablet, the protection from pregnancy may be reduced. The greater the number of tablets that you have forgotten, the greater is the risk that the protection from pregnancy is reduced.

The risk of incomplete protection against pregnancy is greatest if you forget a tablet at the beginning or the end of the strip. Therefore, you should adhere to the following rules (see also the diagram below):

- More than one tablet forgotten in this strip**  
Contact your doctor.
- One tablet forgotten in week 1**  
Take the forgotten tablet as soon as you remember, even if that means that you have to take two tablets at the same time. Take the tablets again at the usual time and use **extra precautions** for the next 7 days, for example, a condom. If you have had intercourse in the week before the oversight or you have forgotten to start a new strip after the tablet-free period, you must realize that there is a risk of pregnancy. In that case, contact your doctor.
- One tablet forgotten in week 2**  
Take the forgotten tablet as soon as you remember, even if that means that you have to take two tablets at the same time. Take the tablets again at the usual time. The protection from pregnancy is not reduced, and you do not need to take extra precautions.

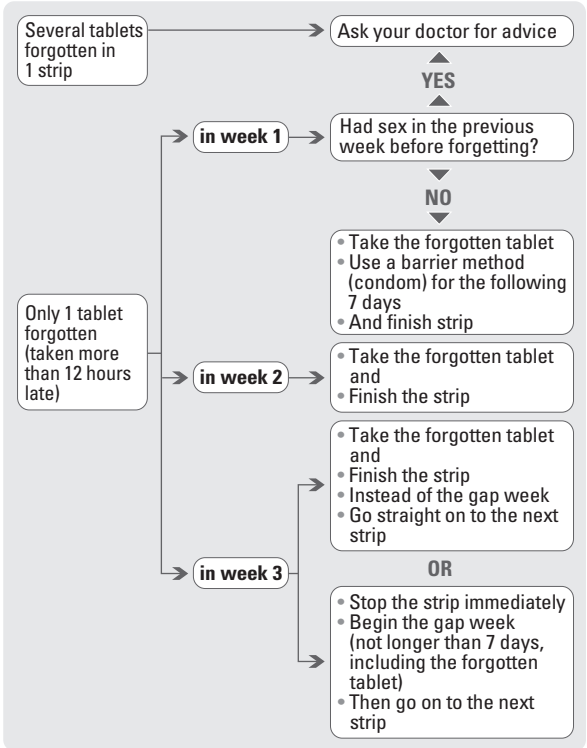
#### • One tablet forgotten in week 3

You can choose between two possibilities:

- Take the forgotten tablet as soon as you remember, even if that means that you have to take two tablets at the same time. Take the tablets again at the usual time. Instead of the tablet-free period go straight on to the next strip.  
Most likely, you will have a period (withdrawal bleed) at the end of the second strip but you may also have spotting or breakthrough bleeding during the second strip.
- You can also stop the strip and go directly to the tablet-free period of 7 days (**record the day on which you forgot your tablet**). If you want to start a new strip on your fixed start day, make the tablet-free period *less than 7 days*.

If you follow either of these two recommendations, you will remain protected against pregnancy.

- If you have forgotten any of the tablets in a strip, and you do not have bleeding in the first tablet-free period, this may mean that you are pregnant. You must contact your doctor before you go on to the next strip.



#### What you must do in the case of vomiting or severe diarrhoea

If you vomit within 3-4 hours of taking a tablet or you have severe diarrhoea, there is a risk that the active substances in the pill are not fully absorbed into your body. The situation is similar to if you forget a tablet. After vomiting or diarrhoea, you must take another tablet from a reserve strip 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, you should follow the advice given under "If you forget to take Katya 30/75 coated tablets".

#### Delay of menstrual period: what you must know

Even if not recommended, delay of your menstrual period (withdrawal bleed) is possible. This can be done by going straight on to a new strip of Katya 30/75 coated tablets instead of the tablet-free period, after the first strip. You may experience spotting (drops or flecks of blood) or breakthrough bleeding while using this second strip. After the usual tablet-free period of 7 days, *continue with* the following strip.  
**You might ask your doctor for advice before deciding to delay your menstrual period.**

#### Change of the first day of your menstrual period: what you must know

If you take the tablets according to the instructions, then your menstrual period/withdrawal bleed will begin in the tablet-free week. If you have to change this day, you do this by making the tablet-free period shorter (but never longer!). For example, if your tablet-free period begins on a Friday, and you want to change this to a Tuesday (3 days earlier) you must start a new strip 3 days earlier than usual. If you make the tablet-free period very short (for example, for 3 days or less) then it may be that you do not have any bleeding during this tablet-free period. You may then experience spotting (droplets or flecks of blood) or breakthrough bleeding.  
**If you are not sure how to proceed, contact your doctor for advice.**

#### If you want to stop taking Katya 30/75 coated tablets

You can stop taking Katya 30/75 coated tablets 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 have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### 4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine 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 Katya 30/75 coated tablets, please talk to your doctor.

An increased risk of blood clots in your veins (venous thromboembolism (VTE)) or blood clots in your arteries (arterial thromboembolism (ATE)) is present for all women taking 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 use Katya 30/75 coated tablets".

#### Common side effects (may affect up to 1 in 10 people):

Headaches, nervousness, poor tolerance of contact lenses, visual disturbances, nausea, acne, migraine, increase in weight, fluid retentions, bleeding and spotting between your periods can sometimes occur for the first few months but this usually stops once your body has adjusted to Katya 30/75 coated tablets. If it continues, becomes heavy or starts again, contact your doctor. Absence of or reduced menstruations, sore breasts, loss of interest in sex, depressive moods, irritability.

#### Uncommon side effects (may affect up to 1 in 100 people):

Excess of lipids in blood, vomiting, hypertension.

#### Rare side effects (may affect up to 1 in 1,000 people):

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).

Liver disease, skin and subcutaneous tissue disorder (lupus erythematosus), middle ear disorders, gallstones, pigmentation disorders. This may happen even if you have been using Katya 30/75 coated tablets for a number of months. This may be reduced by avoiding too much sunlight. Changes in vaginal secretion.

#### Very rare side effects (may affect up to 1 in 10,000 people):

Movement disorders, affection of the pancreas.

#### 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 Yellow Card Scheme  
Website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)  
By reporting side effects you can help provide more information on the safety of this medicine.

#### 5. HOW TO STORE KATYA 30/75 COATED TABLETS

Do not store above 30 °C.

Keep out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the blister and carton after EXP.

The expiry date refers to the last day of that month.

#### 6. CONTENTS OF THE PACK AND OTHER INFORMATION

##### What Katya 30/75 coated tablets contains

- The active substances:  
Katya 30/75 coated tablets: Each tablet contains 30 micrograms ethinylestradiol and 75 micrograms gestodene
- The other ingredients:  
Tablet core: Magnesium stearate, Povidone K-25, Maize starch, Lactose monohydrate  
Tablet coating: Povidone K-90, Macrogol 6000, Talc, Calcium carbonate, Sucrose, Wax montan glycol

##### What Katya 30/75 coated tablets looks like and contents of the pack

Katya 30/75 coated tablets are available as white round, biconvex sugar coated tablets, and both sides without imprinting.

The pills are supplied in a blister strip - each strip containing 21 tablets. The blister strips are supplied in a carton box. Each box contains 1, 3 or 6 blister strips.

Not all pack sizes may be marketed.

##### Marketing Authorisation Holder and Manufacturer

###### Marketing Authorisation Holder

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This leaflet was last revised in 10/2022

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