

# Clairette® 2000/35 tablets

(Cyproterone acetate / Ethinylestradiol)

Your medicine will be referred to as Clairette 2000/35 Tablets throughout the following patient information leaflet

## Patient Information Leaflet

**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, even if their signs of illness are the same as yours.
- If you get any of the 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 Clairette 2000/35 Tablets are and what they are used for
- 2) What you need to know before you take Clairette 2000/35 Tablets
- 3) How to take Clairette 2000/35 Tablets
- 4) Possible side effects
- 5) How to store Clairette 2000/35 Tablets
- 6) Contents of the pack and other information

### 1) What Clairette 2000/35 Tablets are and what they are used for

Clairette 2000/35 Tablets contain an oestrogen and an anti-androgen. Clairette 2000/35 Tablets are used to treat skin conditions such as acne, very oily skin and excessive hair growth in women of reproductive age. Due to their contraceptive properties they should only be prescribed for you if your doctor considers that treatment with a hormonal contraceptive is appropriate.

You should only take Clairette 2000/35 Tablets if your skin condition has not improved after use of other anti-acne treatments, including topical treatments and antibiotics.

If you are taking Clairette 2000/35 Tablets for skin treatment, **you must not take any other hormonal contraceptive at the same time.**

When your skin condition has cleared up and you stop taking Clairette 2000/35 Tablets, you will need to go back to your original/preferred method of contraception.

#### Treating skin conditions

Androgens are hormones that stimulate hair growth and the grease glands in your skin. If you produce too much androgen, or if you are sensitive to the effect, the grease glands may produce too much sebum. This can block the grease glands, which can become infected and inflamed causing acne spots. Clairette 2000/35 Tablets stop the androgens affecting your skin and reduces the amount of androgens produced.

#### Contraception

Clairette 2000/35 Tablets are a 21-day Pill – you take one each day for 21 days, followed by 7 days when you take no pills.

Clairette 2000/35 Tablets will not protect you against sexually transmitted infections, such as Chlamydia or HIV. Only condoms can help to do this.

**Clairette 2000/35 Tablets need to be taken as directed to prevent pregnancy.**

### 2) What you need to know before you take Clairette 2000/35 Tablets

#### 2.1 Before you take Clairette 2000/35 Tablets

It's important that you understand the benefits and risks of taking Clairette 2000/35 Tablets before you start taking them, or when deciding whether to carry on taking them. Although Clairette 2000/35 Tablets are suitable for most healthy women they are not suitable for everyone.

→ **Tell your doctor** if you have any of the illnesses or risk factors mentioned in this leaflet.

#### Before you start taking Clairette 2000/35 Tablets

- Your doctor will ask about you and your family's medical problems and check your blood pressure and exclude the likelihood of you being pregnant. You may also need other checks, such as a breast examination, but only if these examinations are necessary for you or if you have any special concerns.

#### While you're on Clairette 2000/35 Tablets

- You will need **regular check-ups** with your doctor, usually when you need another prescription of Clairette 2000/35 Tablets.
- You should go for **regular cervical smear** tests.
- **Check your breasts** and nipples every month for changes - tell your doctor if you can see or feel anything odd, such as lumps or dimpling of the skin.
- **If you need a blood test** tell your doctor that you are taking Clairette 2000/35 Tablets, because this type of medicine can affect the results of some tests.
- **If you're going to have an operation**, make sure your doctor knows about it. You may need to stop taking Clairette 2000/35 Tablets about 4-6 weeks before the operation. This is to reduce the risk of a blood clot (see section 2.1). Your doctor will tell you when you can start taking Clairette 2000/35 Tablets again.
- **If you need to stop taking Clairette 2000/35 Tablets**, remember to use another contraceptive (e.g. condoms) if you are relying on Clairette 2000/35 Tablets for contraception.

#### When should you contact your doctor?

**Stop taking tablets and contact your doctor immediately if you notice possible signs of a blood clot. The symptoms are described below in 'Blood clots (Thrombosis)' and in Section 4.**

Clairette 2000/35 Tablets also work as an oral contraceptive. You and your doctor will have to consider all the things that would normally apply to the safe use of oral hormonal contraceptives.

#### Blood clots (thrombosis)

Taking Clairette 2000/35 Tablets may slightly increase your risk of having a blood clot (called a thrombosis). Your chances of having a blood clot are only increased slightly by taking Clairette 2000/35 Tablets compared with women who do not take Clairette 2000/35 Tablets or any contraceptive pill. A full recovery is not always made and can in 1-2% of cases be fatal.

#### Blood clots in a vein

A blood clot in a vein (known as a 'venous thrombosis') can block the vein. This can happen in veins of the leg, the lung (a lung embolus), or any other organ.

Using a combined pill increases a woman's risk of developing such clots compared with a woman not taking any combined pill. The risk of developing a blood clot in a vein is highest during the first year a woman uses the pill. The risk is not as high as the risk of developing a blood clot during pregnancy.

**Your chances of having a blood clot are only increased slightly by taking Clairette 2000/35 Tablets.**

- Of 100,000 women who are **not taking Clairette 2000/35 Tablets, not on the Pill** and not pregnant, about **5 to 10** will have a blood clot in a year.
- Of 100,000 women who **take Clairette 2000/35 Tablets or the Pill**, up to **40** will have a blood clot in a year.
- Of 100,000 women who are **pregnant**, around **60** will have a blood clot in a year.

The risk of blood clots in a vein in users of a combined pill increases further:

- with increasing age;
- **if you smoke.**

**When using a hormonal contraceptive like Clairette 2000/35 Tablets you are strongly advised to stop smoking, especially if you are older than 35 years;**

- if one of your close relatives has had a blood clot in the leg, lung or other organ at a young age;
- if you are overweight;
- if you must 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 plaster cast;
- if you have **polycystic ovary syndrome**;
- if you have **recently had a baby**;
- if you have certain rare medical conditions such as **systemic lupus erythematosus, Crohn's disease or ulcerative colitis**;
- if you have **sickle cell disease**.

If this applies to you, it is important to tell your doctor that you are using Clairette 2000/35 Tablets, as the treatment may have to be stopped. Your doctor may tell you to stop using Clairette 2000/35 Tablets several weeks before surgery or while you are less mobile. Your doctor will also tell you when you can start using Clairette 2000/35 Tablets again after you are back on your feet.

#### Blood clots in an artery

A blood clot in an artery can cause serious problems. For example, a blood clot in an artery in the heart may cause a heart attack, or in the brain may cause a stroke.

The use of a combined pill has been connected with an increased risk of clots in the arteries. This risk increases further:

- with increasing age;
- **if you smoke.**

**When using a hormonal contraceptive like Clairette 2000/35 Tablets you are strongly advised to stop smoking, especially if you are older than 35 years;**

- if you are overweight;
- if you have high blood pressure;
- if a close relative has had a heart attack or stroke at a young age;
- if you have a high level of fat in your blood (cholesterol or triglycerides);
- if you get migraines;
- if you have a problem with your heart (valve disorder, disturbance of the rhythm);
- if you have **polycystic ovary syndrome**;
- if you have **diabetes**;
- if you have certain rare medical conditions such as **systemic lupus erythematosus**;
- if you have **sickle cell disease**.

#### Symptoms of blood clots

**Stop taking tablets and see your doctor immediately if you notice possible signs of a blood clot, such as:**

- an unusual sudden cough;
- severe pain in the chest which may reach the left arm;
- breathlessness;
- any unusual, severe, or long-lasting headache or worsening of migraine;
- partial or complete loss of vision, or double vision;
- slurring or speech disability;
- sudden changes to your hearing, sense of smell, or taste;
- dizziness or fainting;
- weakness or numbness in any part of your body;
- severe pain in your abdomen;
- severe pain or swelling in either of your legs.

Following a blood clot, recovery is not always complete. Rarely serious permanent disabilities may occur or the blood clot may even be fatal. Directly after giving birth, women are at an increased risk of blood clots so you should ask your doctor how soon after delivery you can start taking Clairette 2000/35 Tablets.

If you experience symptoms of angioedema such as swollen face, tongue and/or throat and/or difficulty swallowing or hives potentially with difficulty breathing contact a doctor immediately. Products containing estrogens may cause or worsen the symptoms of hereditary and acquired angioedema.

Also see a doctor straight away if you develop severe depression, a severe allergic reaction, signs of breast cancer or cervical cancer or signs of severe liver problems (symptoms and signs are described in section 4).

#### **Clairette 2000/35 Tablets and cancer**

While high dose COCs reduce your risk of cancer of the ovary and womb if used in the long term, it is not clear whether lower dose oestrogen-progestogen containing Pills like Clairette 2000/35 Tablets also provide the same protective effects. However, it also seems that taking Clairette 2000/35 Tablets slightly increase your risk of **cancer of the cervix** – although this may be due to having sex without a condom, rather than Clairette 2000/35 Tablets. All women should have regular **smear tests**. If you have **breast cancer**, or have had it in the past, you should not take Clairette 2000/35 Tablets or other oral contraceptives, as they slightly increase your risk of breast cancer. This risk goes up the longer you're on Clairette 2000/35 Tablets, but returns to normal within about 10 years of stopping it. Because breast cancer is rare in women under the age of 40, the extra cases of breast cancer in current and recent Clairette 2000/35 Tablets users are small. For example:

- Of 10,000 women who have **never taken Clairette 2000/35 Tablets or the Pill**, about **16** will have breast cancer by the time they are 35 years old.
- Of 10,000 women who **take Clairette 2000/35 Tablets or the Pill for 5 years in their early twenties**, about **17-18** will have breast cancer by the time they are 35 years old.
- Of 10,000 women who have **never taken Clairette 2000/35 Tablets or the Pill**, about **100** will have breast cancer by the time they are 45 years old.
- Of 10,000 women who **take Clairette 2000/35 Tablets or the Pill for 5 years in their early thirties**, about **110** will have breast cancer by the time they are 45 years old.

#### **Your risk of breast cancer is higher:**

- if you have a close relative (mother, sister or grandmother) who has had breast cancer
- if you are seriously overweight
- **See a doctor as soon as possible if you notice any changes in your breasts**, such as dimpling of the skin, changes in the nipple or any lumps you can see or feel.
- Taking Clairette 2000/35 Tablets has also been linked to liver diseases, such as jaundice and non- cancer liver tumours, but this is rare. Very rarely, Clairette 2000/35 Tablets have also been linked with some forms of liver cancer in women who have taken them for a long time.
- **See a doctor as soon as possible if you get severe pain in your stomach, or yellow skin or eyes (jaundice)**. You may need to stop taking Clairette 2000/35 Tablets.

For high doses (25 mg and above) of cyproterone acetate an increased risk of a benign brain tumour (meningioma) has been reported. If you are diagnosed with meningioma, your doctor will stop all cyproterone containing products, including Clairette 2000/35 Tablets as a precautionary measure (see section 'Do not take Clairette 2000/35 Tablets').

### **2.2 Make sure Clairette 2000/35 Tablets are OK for you**

#### **Clairette 2000/35 Tablets should not be taken by some women**

→ **Tell your doctor** if you have any medical problems or illnesses.

#### **Do not take Clairette 2000/35 Tablets**

Tell your doctor if any of the following conditions applies to you before starting to use Clairette 2000/35 Tablets. Your doctor may then advise you to use a different treatment:

- If you are using another hormonal **contraceptive**;
- If you are **pregnant** or might be pregnant;
- If you are **breast-feeding**;
- If you have or have ever had **breast cancer**;
- If you have (or have ever had) a **blood clot** in your leg (thrombosis), lung (pulmonary embolism) or other part of your body;
- If you have (or have ever had) a disease that may be an indicator of a heart attack in the future (e.g. angina pectoris which causes severe pain in the chest) or '**mini-stroke**' (transient ischaemic attack);
- If you have (or have ever had) a **heart attack** or **stroke**;
- If you have a condition that may increase the risk of a **blood clot** in your arteries.  
This applies to the following conditions:
  - **diabetes affecting your blood vessels**;
  - very high **blood pressure**;
  - a very high level of **fat in your blood** (cholesterol or triglycerides).
- If you have problems with **blood clotting** (e.g. protein C deficiency);
- If you have (or have ever had) a **migraine, with visual disturbances**;
- If you have ever had a **severe liver disease**, and you have been told by your doctor that your liver test results are not yet back to normal;
- If you have ever had **liver tumours**;
- If you are **allergic** (hypersensitive) to any of the ingredients in Clairette 2000/35 Tablets;
- If you have **meningioma** or have ever been diagnosed with a meningioma (a generally benign tumour of the tissue layer between the brain and the skull).

→ **If you suffer from any of these**, or get them for the first time while taking Clairette 2000/35 Tablets, contact your doctor as soon as possible. Do not take Clairette 2000/35 Tablets. If needed, use another form of contraception.

Do not use Clairette 2000/35 Tablets if you have hepatitis C and are taking the medicinal products containing

sofosbuvir/velpatasvir/voxilaprevir (see also in section "Other medicines and Clairette 2000/35 Tablets").

#### **Clairette 2000/35 Tablets can make some illnesses worse**

Some of the conditions listed below can be made worse by taking Clairette 2000/35 Tablets. Or they may mean they are less suitable for you. You may still be able to take Clairette 2000/35 Tablets but you need to take special care and have check-ups more often.

- If you or your close family have ever had problems with your heart or circulation, such as **high blood pressure**;
  - If you or your close family have ever had problems with **blood clotting**;
  - If you have had **migraines**;
  - If you are currently suffering from **depression** or have done so in the past;
  - If you are **overweight (obese)**;
  - If you have the inherited disease called **porphyria**;
  - If you have **diabetes**;
  - If you have **inflammation of the pancreas (pancreatitis)**, or a history or family history of **high levels of fat in your blood (hypertriglyceridemia)**, as you may be at risk of developing pancreatitis;
  - If you have **brown patches on your face or body (chloasma)** (see below 'Clairette 2000/35 Tablets and sun-beds or sun-lamps');
  - If you have **any illness that worsened during pregnancy or previous use of the Pill or Clairette 2000/35 Tablets** (see section 4).
- **Tell your doctor if any apply to you**. Also tell if you get any of these for the first time while taking Clairette 2000/35 Tablets, or if any get worse or come back, because you may need to stop taking them.

#### **Psychiatric disorders:**

Some women using hormonal contraceptives including Clairette 2000/35 Tablets 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.

#### **Other medicines and Clairette 2000/35 Tablets**

Tell your doctor if you are using, have recently used or might use any other medicines.

If you ever need to take another medicine at the same time as taking Clairette 2000/35 Tablets, always tell your doctor, pharmacist or dentist that you're taking Clairette 2000/35 Tablets. Also check the leaflets that come with all your medicines to see if they can be taken with hormonal contraceptives.

If you are taking Clairette 2000/35 Tablets for skin treatment, you must not take any other hormonal contraceptive at the same time.

Some medicines can stop Clairette 2000/35 Tablets from working properly – for example:

- **some medicines used to treat epilepsy**;
- **some medicines used to treat HIV**;
- **griseofulvin** (an anti-fungal medicine)
- **certain sedatives** (called *barbiturates*);
- **St. John's Wort** (a herbal remedy).

If you do need to take one of these medicines, Clairette 2000/35 Tablets may not be suitable for you or you may need to use extra contraception for a while. Your doctor, pharmacist or dentist can tell you if this is necessary and for how long.

#### **Clairette 2000/35 Tablets can also affect how well other medicines work.**

Your doctor may need to adjust the dose of your other medicine.

Do not use Clairette 2000/35 Tablets 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.

Clairette 2000/35 Tablets can be restarted approximately 2 weeks after completion of this treatment. See section "Do not take Clairette 2000/35 Tablets".

In addition, Clairette 2000/35 Tablets can also interfere with the results of some blood tests, so always tell your doctor that you are taking Clairette 2000/35 Tablets if you have a blood test.

#### **Taking Clairette 2000/35 Tablets with food and drink**

There are no special instructions about food and drink while on Clairette 2000/35 Tablets.

#### **Pregnancy and breast-feeding**

**Do not use Clairette 2000/35 Tablets if you are pregnant or are breast-feeding.** If you think you might be pregnant, do a pregnancy test to confirm that you are before you stop taking Clairette 2000/35 Tablets.

#### **Driving and using machines**

Clairette 2000/35 Tablets have no known effect on the ability to drive or use machines.

#### **Clairette 2000/35 Tablets contain lactose and sucrose**

If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before using Clairette 2000/35 Tablets.

#### **Clairette 2000/35 Tablets and sun-beds or sun-lamps**

Sun-lamps are used by some women for acne as well as to tan the skin. This is not a very useful treatment for acne. **Do not use sun-beds or sun-lamps** and avoid prolonged sunbathing if you are taking Clairette 2000/35 Tablets. Their use increases the chance of chloasma, a patchy discolouration of the skin (as it does with ordinary oral contraceptives).

### **3) How to take Clairette 2000/35 Tablets**

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Your doctor has chosen Clairette 2000/35 Tablets as a treatment for your acne or excessive hair growth on your face and body. However, Clairette 2000/35 Tablets also has a contraceptive effect, so it is important to follow

the advice below if you are relying on Clairette 2000/35 Tablets for contraception.

If you are only using Clairette 2000/35 Tablets for your acne or excessive hair growth, you can still follow this advice, but ask your doctor if you are unsure.

#### Duration of use

Your doctor will tell you how long you need to keep taking Clairette 2000/35 Tablets.

A translation of the days of the week on the blister strip is as follows:

<b>Maa</b>	<b>Di</b>	<b>Woe</b>	<b>Do</b>	<b>Vrij</b>	<b>Za</b>	<b>Zo</b>
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>

#### How to take it

##### Take Clairette 2000/35 Tablets every day for 21 days

Clairette 2000/35 Tablets comes in strips of 21 pills, each marked with a day of the week.

- Take your pill at the same time every day.
- Start by taking a pill marked with the correct day of the week.
- Follow the direction of the arrows on the strip. Take one pill each day, until you have finished all 21 pills.
- Swallow each pill whole, with water if necessary. Do not chew the pill.

##### Then have seven pill-free days

After you have taken all 21 pills in the strip, you have seven days when you take no pills.

Within a few days of taking the last pill from the strip, you should have a withdrawal bleed like a period. This bleed may not have finished when it is time to start your next strip of pills.

If you are relying on this medicine to prevent pregnancy, always take Clairette 2000/35 Tablets as described here. You don't need to use extra contraception during the seven pill-free days— as long as you have taken your pills correctly and start the next strip of pills on time. Check with your doctor if you are not sure.

##### Start your next strip on day eight

Start taking your next strip of Clairette 2000/35 Tablets after the seven pill-free days (**on day eight**) – even if you are still bleeding. So if you take the last pill of one pack on a Friday, you will take the first pill of your next pack on the Saturday of the following week. Always start the new strip on time. As long as you take Clairette 2000/35 Tablets correctly, you will always start each new strip on the same day of the week.

##### Starting Clairette 2000/35 Tablets

###### New users or starting Clairette 2000/35 Tablets after a break

It is best to take your first Clairette 2000/35 Tablets pill on the first day of your next period. By starting in this way, you will have contraceptive protection with your first pill.

###### Changing to Clairette 2000/35 Tablets from another contraceptive Pill

- **If you are currently taking a 21-day Pill:** start Clairette 2000/35 Tablets the next day after the end of the previous strip. You will have contraceptive protection with your first pill. You will not have a bleed until after your first strip of Clairette 2000/35 Tablets.
- **If you are taking a 28-day Pill:** start taking Clairette 2000/35 Tablets the day after your last active pill. You will have contraceptive protection with your first pill. You will not have a bleed until after your first strip of Clairette 2000/35 Tablets.
- **If you are taking a progestogen-only Pill (POP or 'mini Pill'):** start Clairette 2000/35 Tablets on the first day of bleeding, even if you have already taken the progestogen-only Pill for that day. You will have contraceptive cover straight away.

###### Starting Clairette 2000/35 Tablets after a miscarriage or abortion

If you have had a miscarriage or an abortion **during the first three months** of pregnancy, your doctor may tell you to start taking Clairette 2000/35 Tablets straight away. This means that you will have contraceptive protection with your first pill.

If you have had a miscarriage or an abortion **after the third month** of pregnancy, ask your doctor for advice. You may need to use extra contraception, such as condoms, for a short time.

###### Contraception after having a baby

If you have just had a baby, your doctor may advise you that Clairette 2000/35 Tablets should be started 21 days after delivery provided that you are fully mobile. You do not have to wait for a period. You will need to use another method of contraception, such as a condom, until you start Clairette 2000/35 Tablets and for the first 7 days of pill taking.

###### Do not take Clairette 2000/35 Tablets if you are breast-feeding

###### A missed pill

**If you are less than 12 hours late with a pill,** take it straight away.

Keep taking your pills at the usual time. 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 with a pill,** or you have missed more than one pill, your contraceptive protection may be reduced.

- **Take the most recently missed pill** as soon as you remember, even if it means taking two at once. Leave any earlier missed pills in the pack.
- **Continue to take a pill every day for the next seven days** at your usual time.
- **If you come to the end of a strip of pills** during these seven days, start the next strip without taking the usual seven day break. You probably won't have a bleed until after you finish the second strip of pills, but don't worry. If you finish the second strip of pills and don't have a bleed, do a pregnancy test before starting another strip.
- **Use extra contraception for seven days after missing a pill,** such as condoms.
- If you have missed one or more pills from the first week of your strip (days 1 to 7) and you had sex in that week, you could become

pregnant. Contact your doctor or pharmacist for advice as soon as possible. They may recommend you use emergency contraception.

**If you have missed any of the pills in a strip, and you do not bleed in the first pill-free break, you may be pregnant.**

**Contact your doctor or do a pregnancy test yourself.**

**If you start a new strip of pills late,** or make your 'week off' longer than seven days, you may not be protected from pregnancy. If you had sex in the last seven days, ask your doctor or pharmacist for advice. You may need to consider emergency contraception. You should also use extra contraception, such as a condom, for seven days.

###### A lost pill

If you lose a pill,

**Either** take the last pill of the strip in place of the lost pill. Then take all the other pills on their proper days. Your cycle will be one day shorter than normal, but your contraceptive protection won't be affected. After your seven pill-free days you will have a new starting day, one day earlier than before.

**Or** if you do not want to change the starting day of your cycle, take a pill from a spare strip if you have one. Then take all the other pills from your current strip as usual. You can then keep the opened spare strip in case you lose any more pills.

###### If you are sick or have diarrhoea

If you are sick (*vomit*) or have very bad diarrhoea, your body may not get its usual dose of hormones from that pill. **If you are better within 12 hours of taking Clairette 2000/35 Tablets,** follow the instructions in section 3 "A lost pill", which describes how to take another pill.

If you are still sick or have diarrhoea **more than 12 hours after taking Clairette 2000/35 Tablets,** see section 3 "A missed pill".

**Talk to your doctor if your stomach upset carries on or gets worse.** He or she may recommend another form of contraception.

###### Missed a period – could you be pregnant?

Occasionally, you may miss a withdrawal bleed. This could mean that you are pregnant, but that is very unlikely if you have taken your pills correctly. Start your next strip at the normal time. If you think that you might have put yourself at risk of pregnancy (for example, by missing pills or taking other medicines), or if you miss a second bleed, you should do a pregnancy test. You can buy these from the chemist or get a free test at your doctor's surgery. If you are pregnant, stop taking Clairette 2000/35 Tablets and see your doctor.

###### Taking more than one pill should not cause harm

It is unlikely that taking more than one pill will do you any harm, but you may feel sick, vomit or have some vaginal bleeding. Talk to your doctor if you have any of these symptoms.

###### When you want to get pregnant

If you are planning a baby, it's best to use another method of contraception after stopping Clairette 2000/35 Tablets until you have had a proper period. Your doctor or midwife relies on the date of your last natural period to tell you when your baby is due. However, it will not cause you or the baby any harm if you get pregnant straight away.

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

#### 4) Possible side effects

Like all medicines, Clairette 2000/35 Tablets can cause side effects, although not everybody gets them.

**Tell your doctor or pharmacist** if you are worried about any side effects which you think may be due to Clairette 2000/35 Tablets.

##### 4.1. Serious side effects – see a doctor straight away

###### Severe depression:

Although, it is not considered a direct side effect of Clairette 2000/35 Tablets, you should stop Clairette 2000/35 Tablets as a precaution, if you develop severe depression, and see your doctor straight away.

###### Signs of a blood clot:

- an unusual sudden cough;
- severe pain in the chest which may reach the left arm;
- breathlessness;
- any unusual, severe, or long-lasting headache or worsening of migraine;
- partial or complete loss of vision, or double vision;
- slurring or speech disability;
- sudden changes to your hearing, sense of smell, or taste;
- dizziness or fainting;
- weakness or numbness in any part of your body;
- severe pain in your abdomen;
- severe pain or swelling in either of your legs.

###### Signs of a severe allergic reaction or worsening of hereditary angioedema:

- **swelling of the hands, face, lips, mouth, tongue or throat.** A swollen tongue/throat may lead to **difficulty swallowing and breathing;**
- a red bumpy rash (*hives*) and itching.

###### Signs of breast cancer include:

- **dimpling** of the skin;
- **changes in the nipple;**
- any **lumps** you can see or feel.

###### Signs of cancer of the cervix include:

- **vaginal discharge** that smells and/or contains blood;
- **unusual vaginal bleeding;**
- **pelvic pain;**
- **painful sex.**

###### Signs of severe liver problems include:

- **severe pain in your stomach;**
- **yellow skin or eyes (jaundice);**
- **inflammation of the liver (hepatitis);**
- your whole body starts **itching.**

→ **If you think you may have any of these, see a doctor straight away.** You may need to stop taking Clairette 2000/35 Tablets.

Contact a doctor immediately if you experience any of the following symptoms of angioedema: swollen face, tongue and/or throat and/or difficulty swallowing or hives potentially with difficulty breathing (see section "When should you contact your doctor").

#### **4.2. Less serious side effects**

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

- feeling sick
- stomach ache
- putting on weight
- headaches
- depressive moods or mood swings
- sore or painful breasts

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

- being sick and stomach upsets
- fluid retention
- migraine
- loss of interest in sex
- breast enlargement
- skin rash, which may be itchy

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

- poor tolerance of contact lenses
- losing weight
- increase of interest in sex
- vaginal or breast discharge
- venous blood clot

**Frequency not known** (can not be estimated from available data)

- Increase in blood pressure

**Other side effects reported**

- **bleeding and spotting between your periods** can sometimes occur for the first few months but this usually stops once your body has adjusted to Clairette 2000/35 Tablets. If it continues, becomes heavy or starts again, contact your doctor
- **chloasma** (yellow brown patches on the skin). This may happen even if you have been using Clairette 2000/35 Tablets for a number of months. Chloasma may be reduced by avoiding too much sunlight and/or UV lamps
- occurrence or deterioration of the movement disorder **chorea**
- **Crohn's disease** or **ulcerative colitis**
- **conditions that may worsen during pregnancy or previous use of the Pill:**
  - **yellowing of the skin** (*jaundice*)
  - **persistent itching** (*pruritus*)
  - **kidney or liver problems**
  - **gall stones**
  - certain rare medical conditions such as **systemic lupus erythematosus**
  - **blister-like rash** (*herpes gestationis*) whilst pregnant
  - an inherited form of **deafness** (*otosclerosis*)
  - a personal or family history or a form of **sickle cell disease**
  - **swelling of body parts** (*hereditary angioedema*)
  - an inherited disease called **porphyria**
  - **cancer of the cervix**

→ **Tell your doctor or pharmacist** if you are worried about any side effects which you think may be due to Clairette 2000/35 Tablets. Also tell them if any existing conditions get worse while you are taking

Clairette 2000/35 Tablets.

#### **4.3. Bleeding between periods should not last long**

A few women have a little unexpected bleeding or spotting while they are taking Clairette 2000/35 Tablets, especially during the first few months.

Normally, this bleeding is nothing to worry about and will stop after a day or two. Keep taking Clairette 2000/35 Tablets as usual. The problem should disappear after the first few strips.

You may also have unexpected bleeding if you are not taking your pills regularly, so try to take your pill at the same time every day. Also, unexpected bleeding can sometimes be caused by other medicines.

→ **Make an appointment to see your doctor** if you get breakthrough bleeding or spotting that:

- carries on for more than the first few months;
- starts after you've been taking Clairette 2000/35 Tablets for a while;
- carries on even after you've stopped taking Clairette 2000/35 Tablets.

#### **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 the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://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 Clairette 2000/35 Tablets**

- **Keep this medicine out of the sight and reach of children.**
- This medicine does not require any special storage conditions.
- Store in the original package.
- Do not use Clairette 2000/35 Tablets after the expiry date shown on the strip. The expiry date refers to the last day of that month.
- 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 protect the environment.

- If the medicine becomes discoloured or show any other signs of deterioration, you should seek the advice of your pharmacist who will tell you what to do.

#### **6) Contents of the pack and other information**

##### **What Clairette 2000/35 Tablets contain**

The active ingredients are cyproterone acetate and ethinylestradiol. Each tablet contains Cyproterone acetate 2 mg and Ethinylestradiol 35 micrograms.

The other ingredients are:

Tablet core: Lactose monohydrate, Maize starch, Povidone K25, Magnesium stearate, Talc,

Tablet coating: Sucrose, Calcium carbonate, Macrogol 6000, Titanium dioxide (E171), Povidone K90, Glycerol 85%, Montan glycol wax.

##### **What Clairette 2000/35 Tablets look like and contents of the pack**

Clairette 2000/35 Tablets are white, round, biconvex coated tablets. The blister strips are supplied in a carton box. Each box contains 63 Tablets (3 x 21).

PL 46420/0511 Clairette 2000/35 Tablets **POM**

##### **Who makes and repackages your medicine?**

Your medicine is manufactured by Haupt Pharma Münster GmbH, Schleebrüggenkamp 15, DE-48159 Münster, Germany or Heaton k.s., Movianto Czech Republic s.r.o., Podolí 78e 664 03 Podolí, Czech Republic. Procured from within the EU and repackaged by the Product Licence holder: Suerte Pharma Ltd, 4/5 Northolt Trading Estate, Belvue Road, Northolt, Middlesex, UB5 5QS.

**Leaflet date: 26.06.2025**

Clairette 2000/35 Tablets is a registered trademark of Stragen Pharma SA, Switzerland.

**For any information about this medicine, or to request for a copy of this leaflet in Braille, large print or audio, please call the PL holder: Suerte Pharma Ltd on 020 8839 3000.**

# Co-cyprindiol 2000/35 microgram tablets

(Cyproterone acetate / Ethinylestradiol)

Your medicine is known by the above name, but will be referred to as Co-cyprindiol Tablets throughout the following patient information leaflet

## Patient Information Leaflet

**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, even if their signs of illness are the same as yours.
- If you get any of the 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 Co-cyprindiol Tablets are and what they are used for
- 2) What you need to know before you take Co-cyprindiol Tablets
- 3) How to take Co-cyprindiol Tablets
- 4) Possible side effects
- 5) How to store Co-cyprindiol Tablets
- 6) Contents of the pack and other information

### 1) What Co-cyprindiol Tablets are and what they are used for

Co-cyprindiol Tablets contain an oestrogen and an anti-androgen. Co-cyprindiol Tablets is used to treat skin conditions such as acne, very oily skin and excessive hair growth in women of reproductive age. Due to their contraceptive properties they should only be prescribed for you if your doctor considers that treatment with a hormonal contraceptive is appropriate.

You should only take Co-cyprindiol Tablets if your skin condition has not improved after use of other anti-acne treatments, including topical treatments and antibiotics.

If you are taking Co-cyprindiol Tablets for skin treatment, **you must not take any other hormonal contraceptive at the same time.**

When your skin condition has cleared up and you stop taking Co-cyprindiol Tablets, you will need to go back to your original/preferred method of contraception.

#### Treating skin conditions

Androgens are hormones that stimulate hair growth and the grease glands in your skin. If you produce too much androgen, or if you are sensitive to the effect, the grease glands may produce too much sebum.

This can block the grease glands, which can become infected and inflamed causing acne spots. Co-cyprindiol Tablets stop the androgens affecting your skin and reduces the amount of androgens produced.

#### Contraception

Co-cyprindiol Tablets are a 21-day Pill – you take one each day for 21 days, followed by 7 days when you take no pills.

Co-cyprindiol Tablets will not protect you against sexually transmitted infections, such as Chlamydia or HIV. Only condoms can help to do this.

**Co-cyprindiol Tablets need to be taken as directed to prevent pregnancy.**

### 2) What you need to know before you take Co-cyprindiol Tablets

#### 2.1 Before you take Co-cyprindiol Tablets

It's important that you understand the benefits and risks of taking Co-cyprindiol Tablets before you start taking them, or when deciding whether to carry on taking them. Although Co-cyprindiol Tablets are suitable for most healthy women they are not suitable for everyone.

→ **Tell your doctor** if you have any of the illnesses or risk factors mentioned in this leaflet.

#### Before you start taking Co-cyprindiol Tablets

- Your doctor will ask about you and your family's medical problems and check your blood pressure and exclude the likelihood of you being pregnant. You may also need other checks, such as a breast examination, but only if these examinations are necessary for you or if you have any special concerns.

#### While you're on Co-cyprindiol Tablets

- You will need **regular check-ups** with your doctor, usually when you need another prescription of Co-cyprindiol Tablets.
- You should go for **regular cervical smear** tests.
- **Check your breasts** and nipples every month for changes - tell your doctor if you can see or feel anything odd, such as lumps or dimpling of the skin.
- **If you need a blood test** tell your doctor that you are taking Co-cyprindiol Tablets, because this type of medicine can affect the results of some tests.
- **If you're going to have an operation**, make sure your doctor knows about it. You may need to stop taking Co-cyprindiol Tablets about 4-6 weeks before the operation. This is to reduce the risk of a blood clot (see section 2.1). Your doctor will tell you when you can start taking Co-cyprindiol Tablets again.
- **If you need to stop taking Co-cyprindiol Tablets**, remember to use another contraceptive (e.g. condoms) if you are relying on Co-cyprindiol Tablets for contraception.

#### When should you contact your doctor?

**Stop taking tablets and contact your doctor immediately if you notice possible signs of a blood clot. The symptoms are described below in 'Blood clots (Thrombosis)' and in Section 4.**

Co-cyprindiol Tablets also work as an oral contraceptive. You and your doctor will have to consider all the things that would normally apply to the safe use of oral hormonal contraceptives.

#### Blood clots (thrombosis)

Taking Co-cyprindiol Tablets may slightly increase your risk of having a blood clot (called a thrombosis). Your chances of having a blood clot are only increased slightly by taking Co-cyprindiol Tablets compared with women who do not take Co-cyprindiol Tablets or any contraceptive pill. A full recovery is not always made and can in 1-2% of cases be fatal.

#### Blood clots in a vein

A blood clot in a vein (known as a 'venous thrombosis') can block the vein. This can happen in veins of the leg, the lung (a lung embolus), or any other organ.

Using a combined pill increases a woman's risk of developing such clots compared with a woman not taking any combined pill. The risk of developing a blood clot in a vein is highest during the first year a woman uses the pill. The risk is not as high as the risk of developing a blood clot during pregnancy.

**Your chances of having a blood clot are only increased slightly by taking Co-cyprindiol Tablets.**

- Of 100,000 women who are **not taking Co-cyprindiol Tablets, not on the Pill** and not pregnant, about **5 to 10** will have a blood clot in a year.
- Of 100,000 women who **take Co-cyprindiol Tablets or the Pill**, up to **40** will have a blood clot in a year.
- Of 100,000 women who are **pregnant**, around **60** will have a blood clot in a year.

The risk of blood clots in a vein in users of a combined pill increases further:

- with increasing age;
- **if you smoke.**

**When using a hormonal contraceptive like Co-cyprindiol Tablets you are strongly advised to stop smoking, especially if you are older than 35 years;**

- if one of your close relatives has had a blood clot in the leg, lung or other organ at a young age;
- if you are overweight;
- if you must 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 plaster cast;
- if you have **polycystic ovary syndrome**;
- if you have **recently had a baby**;
- if you have certain rare medical conditions such as **systemic lupus erythematosus, Crohn's disease or ulcerative colitis**;
- if you have **sickle cell disease**.

If this applies to you, it is important to tell your doctor that you are using Co-cyprindiol Tablets, as the treatment may have to be stopped. Your doctor may tell you to stop using Co-cyprindiol Tablets several weeks before surgery or while you are less mobile. Your doctor will also tell you when you can start using Co-cyprindiol Tablets again after you are back on your feet.

#### Blood clots in an artery

A blood clot in an artery can cause serious problems. For example, a blood clot in an artery in the heart may cause a heart attack, or in the brain may cause a stroke.

The use of a combined pill has been connected with an increased risk of clots in the arteries. This risk increases further:

- with increasing age;
- **if you smoke.**

**When using a hormonal contraceptive like Co-cyprindiol Tablets you are strongly advised to stop smoking, especially if you are older than 35 years;**

- if you are overweight;
- if you have high blood pressure;
- if a close relative has had a heart attack or stroke at a young age;
- if you have a high level of fat in your blood (cholesterol or triglycerides);
- if you get migraines;
- if you have a problem with your heart (valve disorder, disturbance of the rhythm);
- if you have **polycystic ovary syndrome**;
- if you have **diabetes**;
- if you have certain rare medical conditions such as **systemic lupus erythematosus**;
- if you have **sickle cell disease**.

#### Symptoms of blood clots

**Stop taking tablets and see your doctor immediately if you notice possible signs of a blood clot, such as:**

- an unusual sudden cough;
- severe pain in the chest which may reach the left arm;
- breathlessness;
- any unusual, severe, or long-lasting headache or worsening of migraine;
- partial or complete loss of vision, or double vision;
- slurring or speech disability;
- sudden changes to your hearing, sense of smell, or taste;
- dizziness or fainting;
- weakness or numbness in any part of your body;
- severe pain in your abdomen;
- severe pain or swelling in either of your legs.

Following a blood clot, recovery is not always complete. Rarely serious permanent disabilities may occur or the blood clot may even be fatal.

Directly after giving birth, women are at an increased risk of blood clots so you should ask your doctor how soon after delivery you can start taking Co-cyprindiol Tablets.

If you experience symptoms of angioedema such as swollen face, tongue and/or throat and/or difficulty swallowing or hives potentially with difficulty breathing contact a doctor immediately. Products containing estrogens

may cause or worsen the symptoms of hereditary and acquired angioedema.

Also see a doctor straight away if you develop severe depression, a severe allergic reaction, signs of breast cancer or cervical cancer or signs of severe liver problems (symptoms and signs are described in section 4).

### Co-cyprindiol Tablets and cancer

While high dose COCs reduce your risk of cancer of the ovary and womb if used in the long term, it is not clear whether lower dose oestrogen-progestogen containing Pills like Co-cyprindiol Tablets also provide the same protective effects. However, it also seems that taking Co-cyprindiol Tablets slightly increase your risk of **cancer of the cervix** – although this may be due to having sex without a condom, rather than Co-cyprindiol Tablets. All women should have regular **smear tests**. If you have **breast cancer**, or have had it in the past, you should not take Co-cyprindiol Tablets or other oral contraceptives, as they slightly increase your risk of breast cancer. This risk goes up the longer you're on Co-cyprindiol Tablets, but returns to normal within about 10 years of stopping it. Because breast cancer is rare in women under the age of 40, the extra cases of breast cancer in current and recent Co-cyprindiol Tablets users are small. For example:

- Of 10,000 women who have **never taken Co-cyprindiol Tablets or the Pill**, about **16** will have breast cancer by the time they are 35 years old.
- Of 10,000 women who **take Co-cyprindiol Tablets or the Pill for 5 years in their early twenties**, about **17-18** will have breast cancer by the time they are 35 years old.
- Of 10,000 women who have **never taken Co-cyprindiol Tablets or the Pill**, about **100** will have breast cancer by the time they are 45 years old.
- Of 10,000 women who **take Co-cyprindiol Tablets or the Pill for 5 years in their early thirties**, about **110** will have breast cancer by the time they are 45 years old.

### Your risk of breast cancer is higher:

- if you have a close relative (mother, sister or grandmother) who has had breast cancer
- if you are seriously overweight

→ **See a doctor as soon as possible if you notice any changes in your breasts**, such as dimpling of the skin, changes in the nipple or any lumps you can see or feel.

- Taking Co-cyprindiol Tablets has also been linked to liver diseases, such as jaundice and non-cancer liver tumours, but this is rare. Very rarely, Co-cyprindiol Tablets have also been linked with some forms of liver cancer in women who have taken them for a long time.

→ **See a doctor as soon as possible if you get severe pain in your stomach, or yellow skin or eyes (jaundice)**. You may need to stop taking Co-cyprindiol Tablets.

For high doses (25 mg and above) of cyproterone acetate an increased risk of a benign brain tumour (meningioma) has been reported. If you are diagnosed with meningioma, your doctor will stop all cyproterone containing products, including Co-cyprindiol Tablets as a precautionary measure (see section 'Do not take Co-cyprindiol Tablets').

### 2.2 Make sure Co-cyprindiol Tablets are OK for you

Co-cyprindiol Tablets should not be taken by some women

→ **Tell your doctor** if you have any medical problems or illnesses.

#### Do not take Co-cyprindiol Tablets

Tell your doctor if any of the following conditions applies to you before starting to use Co-cyprindiol Tablets. Your doctor may then advise you to use a different treatment:

- If you are using another hormonal **contraceptive**;
- If you are **pregnant** or might be pregnant;
- If you are **breast-feeding**;
- If you have or have ever had **breast cancer**;
- If you have (or have ever had) a **blood clot** in your leg (thrombosis), lung (pulmonary embolism) or other part of your body;
- If you have (or have ever had) a disease that may be an indicator of a heart attack in the future (e.g. angina pectoris which causes severe pain in the chest) or '**mini-stroke**' (transient ischaemic attack);
- If you have (or have ever had) a **heart attack** or **stroke**;
- If you have a condition that may increase the risk of a **blood clot** in your arteries.

This applies to the following conditions:

- **diabetes affecting your blood vessels**;
- very high **blood pressure**;
- a very high level of **fat in your blood** (cholesterol or triglycerides).
- If you have problems with **blood clotting** (e.g. protein C deficiency);
- If you have (or have ever had) a **migraine, with visual disturbances**;
- If you have ever had a **severe liver disease**, and you have been told by your doctor that your liver test results are not yet back to normal;
- If you have ever had **liver tumours**;
- If you are **allergic** (hypersensitive) to any of the ingredients in Co-cyprindiol Tablets;
- If you have **meningioma** or have ever been diagnosed with a meningioma (a generally benign tumour of the tissue layer between the brain and the skull).

→ **If you suffer from any of these**, or get them for the first time while taking Co-cyprindiol Tablets, contact your doctor as soon as possible. Do not take Co-cyprindiol Tablets. If needed, use another form of contraception.

Do not use Co-cyprindiol Tablets 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 Co-cyprindiol Tablets").

#### Co-cyprindiol Tablets can make some illnesses worse

Some of the conditions listed below can be made worse by taking Co-cyprindiol Tablets. Or they may mean they are less suitable for you. You

may still be able to take Co-cyprindiol Tablets but you need to take special care and have check-ups more often.

- If you or your close family have ever had problems with your heart or circulation, such as **high blood pressure**;
- If you or your close family have ever had problems with **blood clotting**;
- If you have had **migraines**;
- If you are currently suffering from **depression** or have done so in the past;
- If you are **overweight (obese)**;
- If you have the inherited disease called **porphyria**;
- If you have **diabetes**;
- If you have **inflammation of the pancreas (pancreatitis)**, or a history or family history of **high levels of fat in your blood (hypertriglyceridemia)**, as you may be at risk of developing pancreatitis;
- If you have **brown patches on your face or body (chloasma)** (see below 'Co-cyprindiol Tablets and sun-beds or sun-lamps');
- If you have **any illness that worsened during pregnancy or previous use of the Pill or Co-cyprindiol Tablets** (see section 4).

→ **Tell your doctor if any apply to you**. Also tell if you get any of these for the first time while taking Co-cyprindiol Tablets, or if any get worse or come back, because you may need to stop taking them.

#### Psychiatric disorders:

Some women using hormonal contraceptives including Co-cyprindiol Tablets 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.

#### Other medicines and Co-cyprindiol Tablets

Tell your doctor if you are using, have recently used or might use any other medicines.

If you ever need to take another medicine at the same time as taking Co-cyprindiol Tablets, always tell your doctor, pharmacist or dentist that you're taking Co-cyprindiol Tablets. Also check the leaflets that come with all your medicines to see if they can be taken with hormonal contraceptives.

If you are taking Co-cyprindiol Tablets for skin treatment, you must not take any other hormonal contraceptive at the same time.

Some medicines can stop Co-cyprindiol Tablets from working properly – for example:

- **some medicines used to treat epilepsy**;
- **some medicines used to treat HIV**;
- **griseofulvin** (an anti-fungal medicine)
- **certain sedatives** (called *barbiturates*);
- **St. John's Wort** (a herbal remedy).

If you do need to take one of these medicines, Co-cyprindiol Tablets may not be suitable for you or you may need to use extra contraception for a while. Your doctor, pharmacist or dentist can tell you if this is necessary and for how long.

#### Co-cyprindiol Tablets can also affect how well other medicines work.

Your doctor may need to adjust the dose of your other medicine.

Do not use Co-cyprindiol Tablets 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.

Co-cyprindiol Tablets can be restarted approximately 2 weeks after completion of this treatment. See section "Do not take Co-cyprindiol Tablets".

In addition, Co-cyprindiol Tablets can also interfere with the results of some blood tests, so always tell your doctor that you are taking Co-cyprindiol Tablets if you have a blood test.

#### Taking Co-cyprindiol Tablets with food and drink

There are no special instructions about food and drink while on Co-cyprindiol Tablets.

#### Pregnancy and breast-feeding

**Do not use Co-cyprindiol Tablets if you are pregnant or are breast-feeding**. If you think you might be pregnant, do a pregnancy test to confirm that you are before you stop taking Co-cyprindiol Tablets.

#### Driving and using machines

Co-cyprindiol Tablets have no known effect on the ability to drive or use machines.

#### Co-cyprindiol Tablets contain lactose and sucrose

If you have been told by your doctor that you have intolerance to some sugars, contact your doctor before using Co-cyprindiol Tablets.

#### Co-cyprindiol Tablets and sun-beds or sun-lamps

Sun-lamps are used by some women for acne as well as to tan the skin.

This is not a very useful treatment for acne. **Do not use sun-beds** or sun-lamps and avoid prolonged sunbathing if you are taking Co-cyprindiol Tablets. Their use increases the chance of chloasma, a patchy discolouration of the skin (as it does with ordinary oral contraceptives).

### 3) How to take Co-cyprindiol Tablets

Always take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Your doctor has chosen Co-cyprindiol Tablets as a treatment for your acne or excessive hair growth on your face and body. However, Co-cyprindiol Tablets also has a contraceptive effect, so it is important to follow the advice below if you are relying on Co-cyprindiol Tablets for contraception.

If you are only using Co-cyprindiol Tablets for your acne or excessive hair growth, you can still follow this advice, but ask your doctor if you are unsure.

## Duration of use

Your doctor will tell you how long you need to keep taking Co-cyprindiol Tablets.

A translation of the days of the week on the blister strip is as follows:

<b>Maa</b>	<b>Di</b>	<b>Woe</b>	<b>Do</b>	<b>Vrij</b>	<b>Za</b>	<b>Zo</b>
<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>

## How to take it

### Take Co-cyprindiol Tablets every day for 21 days

Co-cyprindiol Tablets comes in strips of 21 pills, each marked with a day of the week.

- Take your pill at the same time every day.
- Start by taking a pill marked with the correct day of the week.
- Follow the direction of the arrows on the strip. Take one pill each day, until you have finished all 21 pills.
- Swallow each pill whole, with water if necessary. Do not chew the pill.

### Then have seven pill-free days

After you have taken all 21 pills in the strip, you have seven days when you take no pills.

Within a few days of taking the last pill from the strip, you should have a withdrawal bleed like a period. This bleed may not have finished when it is time to start your next strip of pills.

If you are relying on this medicine to prevent pregnancy, always take Co-cyprindiol Tablets as described here. You don't need to use extra contraception during the seven pill-free days— as long as you have taken your pills correctly and start the next strip of pills on time. Check with your doctor if you are not sure.

### Start your next strip on day eight

Start taking your next strip of Co-cyprindiol Tablets after the seven pill-free days (**on day eight**) – even if you are still bleeding. So if you take the last pill of one pack on a Friday, you will take the first pill of your next pack on the Saturday of the following week. Always start the new strip on time. As long as you take Co-cyprindiol Tablets correctly, you will always start each new strip on the same day of the week.

### Starting Co-cyprindiol Tablets

#### New users or starting Co-cyprindiol Tablets after a break

It is best to take your first Co-cyprindiol Tablets pill on the first day of your next period. By starting in this way, you will have contraceptive protection with your first pill.

#### Changing to Co-cyprindiol Tablets from another contraceptive Pill

- **If you are currently taking a 21-day Pill:** start Co-cyprindiol Tablets the next day after the end of the previous strip. You will have contraceptive protection with your first pill. You will not have a bleed until after your first strip of Co-cyprindiol Tablets.
- **If you are taking a 28-day Pill:** start taking Co-cyprindiol Tablets the day after your last active pill. You will have contraceptive protection with your first pill. You will not have a bleed until after your first strip of Co-cyprindiol Tablets.
- **If you are taking a progestogen-only Pill (POP or 'mini Pill'):** start Co-cyprindiol Tablets on the first day of bleeding, even if you have already taken the progestogen-only Pill for that day. You will have contraceptive cover straight away.

#### Starting Co-cyprindiol Tablets after a miscarriage or abortion

If you have had a miscarriage or an abortion **during the first three months** of pregnancy, your doctor may tell you to start taking Co-cyprindiol Tablets straight away. This means that you will have contraceptive protection with your first pill.

If you have had a miscarriage or an abortion **after the third month** of pregnancy, ask your doctor for advice. You may need to use extra contraception, such as condoms, for a short time.

#### Contraception after having a baby

If you have just had a baby, your doctor may advise you that Co-cyprindiol Tablets should be started 21 days after delivery provided that you are fully mobile. You do not have to wait for a period. You will need to use another method of contraception, such as a condom, until you start Co-cyprindiol Tablets and for the first 7 days of pill taking.

#### Do not take Co-cyprindiol Tablets if you are breast-feeding

##### A missed pill

**If you are less than 12 hours late with a pill,** take it straight away.

Keep taking your pills at the usual time. 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 with a pill,** or you have missed more than one pill, your contraceptive protection may be reduced.

- **Take the most recently missed pill** as soon as you remember, even if it means taking two at once. Leave any earlier missed pills in the pack.
- **Continue to take a pill every day for the next seven days** at your usual time.
- **If you come to the end of a strip of pills** during these seven days, start the next strip without taking the usual seven day break. You probably won't have a bleed until after you finish the second strip of pills, but don't worry. If you finish the second strip of pills and don't have a bleed, do a pregnancy test before starting another strip.
- **Use extra contraception for seven days after missing a pill,** such as condoms.
- If you have missed one or more pills from the first week of your strip (days 1 to 7) and you had sex in that week, you could become pregnant. Contact your doctor or pharmacist for advice as soon as possible. They may recommend you use emergency contraception.

**If you have missed any of the pills in a strip, and you do not bleed in the first pill-free break, you may be pregnant.**

## Contact your doctor or do a pregnancy test yourself.

**If you start a new strip of pills late,** or make your 'week off' longer than seven days, you may not be protected from pregnancy. If you had sex in the last seven days, ask your doctor or pharmacist for advice. You may need to consider emergency contraception. You should also use extra contraception, such as a condom, for seven days.

### A lost pill

If you lose a pill,

**Either** take the last pill of the strip in place of the lost pill. Then take all the other pills on their proper days. Your cycle will be one day shorter than normal, but your contraceptive protection won't be affected. After your seven pill-free days you will have a new starting day, one day earlier than before.

**Or** if you do not want to change the starting day of your cycle, take a pill from a spare strip if you have one. Then take all the other pills from your current strip as usual. You can then keep the opened spare strip in case you lose any more pills.

### If you are sick or have diarrhoea

If you are sick (*vomit*) or have very bad diarrhoea, your body may not get its usual dose of hormones from that pill. **If you are better within 12 hours of taking Co-cyprindiol Tablets,** follow the instructions in section 3 "A lost pill", which describes how to take another pill.

If you are still sick or have diarrhoea **more than 12 hours after taking Co-cyprindiol Tablets,** see section 3 "A missed pill".

### Talk to your doctor if your stomach upset carries on or gets worse.

He or she may recommend another form of contraception.

### Missed a period – could you be pregnant?

Occasionally, you may miss a withdrawal bleed. This could mean that you are pregnant, but that is very unlikely if you have taken your pills correctly.

Start your next strip at the normal time. If you think that you might have put yourself at risk of pregnancy (for example, by missing pills or taking other medicines), or if you miss a second bleed, you should do a pregnancy test. You can buy these from the chemist or get a free test at your doctor's surgery. If you are pregnant, stop taking Co-cyprindiol Tablets and see your doctor.

### Taking more than one pill should not cause harm

It is unlikely that taking more than one pill will do you any harm, but you may feel sick, vomit or have some vaginal bleeding. Talk to your doctor if you have any of these symptoms.

### When you want to get pregnant

If you are planning a baby, it's best to use another method of contraception after stopping Co-cyprindiol Tablets until you have had a proper period. Your doctor or midwife relies on the date of your last natural period to tell you when your baby is due. However, it will not cause you or the baby any harm if you get pregnant straight away.

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

## 4) Possible side effects

Like all medicines, Co-cyprindiol Tablets can cause side effects, although not everybody gets them.

**Tell your doctor or pharmacist** if you are worried about any side effects which you think may be due to Co-cyprindiol Tablets.

### 4.1. Serious side effects – see a doctor straight away

#### Severe depression:

Although, it is not considered a direct side effect of Co-cyprindiol Tablets, you should stop Co-cyprindiol Tablets as a precaution, if you develop severe depression, and see your doctor straight away.

#### Signs of a blood clot:

- an unusual sudden cough;
- severe pain in the chest which may reach the left arm;
- breathlessness;
- any unusual, severe, or long-lasting headache or worsening of migraine;
- partial or complete loss of vision, or double vision;
- slurring or speech disability;
- sudden changes to your hearing, sense of smell, or taste;
- dizziness or fainting;
- weakness or numbness in any part of your body;
- severe pain in your abdomen;
- severe pain or swelling in either of your legs.

#### Signs of a severe allergic reaction or worsening of hereditary angioedema:

- **swelling** of the hands, face, lips, mouth, tongue or throat. A swollen tongue/throat may lead to **difficulty swallowing and breathing**;
- a red bumpy rash (*hives*) and itching.

#### Signs of breast cancer include:

- **dimpling** of the skin;
- **changes in the nipple**;
- any **lumps** you can see or feel.

#### Signs of cancer of the cervix include:

- **vaginal discharge** that smells and/or contains blood;
- unusual **vaginal bleeding**;
- **pelvic pain**;
- **painful sex**.

#### Signs of severe liver problems include:

- severe **pain in your stomach**;
- **yellow skin or eyes** (*jaundice*);
- **inflammation of the liver** (*hepatitis*);
- your whole body starts **itching**.

→ **If you think you may have any of these, see a doctor straight away.** You may need to stop taking Co-cyprindiol Tablets.

Contact a doctor immediately if you experience any of the following symptoms of angioedema: swollen face, tongue and/or throat and/or difficulty swallowing or hives potentially with difficulty breathing (see section "When should you contact your doctor").

#### **4.2. Less serious side effects**

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

- feeling sick
- stomach ache
- putting on weight
- headaches
- depressive moods or mood swings
- sore or painful breasts

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

- being sick and stomach upsets
- fluid retention
- migraine
- loss of interest in sex
- breast enlargement
- skin rash, which may be itchy

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

- poor tolerance of contact lenses
- losing weight
- increase of interest in sex
- vaginal or breast discharge
- venous blood clot

**Frequency not known** (can not be estimated from available data)

- Increase in blood pressure

**Other side effects reported**

- **bleeding and spotting between your periods** can sometimes occur for the first few months but this usually stops once your body has adjusted to Co-cyprindiol Tablets. If it continues, becomes heavy or starts again, contact your doctor
- **chloasma** (yellow brown patches on the skin). This may happen even if you have been using Co-cyprindiol Tablets for a number of months. Chloasma may be reduced by avoiding too much sunlight and/or UV lamps
- occurrence or deterioration of the movement disorder **chorea**
- **Crohn's disease** or **ulcerative colitis**
- **conditions that may worsen during pregnancy or previous use of the Pill:**
  - **yellowing of the skin** (*jaundice*)
  - **persistent itching** (*pruritus*)
  - **kidney or liver problems**
  - **gall stones**
  - certain rare medical conditions such as **systemic lupus erythematosus**
  - **blister-like rash** (*herpes gestationis*) whilst pregnant
  - an inherited form of **deafness** (*otosclerosis*)
  - a personal or family history or a form of **sickle cell disease**
  - **swelling of body parts** (*hereditary angioedema*)
  - an inherited disease called **porphyria**
  - **cancer of the cervix**

→ **Tell your doctor or pharmacist** if you are worried about any side effects which you think may be due to Co-cyprindiol Tablets. Also tell them if any existing conditions get worse while you are taking

Co-cyprindiol Tablets.

#### **4.3. Bleeding between periods should not last long**

A few women have a little unexpected bleeding or spotting while they are taking Co-cyprindiol Tablets, especially during the first few months.

Normally, this bleeding is nothing to worry about and will stop after a day or two. Keep taking Co-cyprindiol Tablets as usual. The problem should disappear after the first few strips.

You may also have unexpected bleeding if you are not taking your pills regularly, so try to take your pill at the same time every day. Also, unexpected bleeding can sometimes be caused by other medicines.

→ **Make an appointment to see your doctor** if you get breakthrough bleeding or spotting that:

- carries on for more than the first few months;
- starts after you've been taking Co-cyprindiol Tablets for a while;
- carries on even after you've stopped taking Co-cyprindiol Tablets.

#### **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 the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://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 Co-cyprindiol Tablets**

- **Keep this medicine out of the sight and reach of children.**
- This medicine does not require any special storage conditions.
- Store in the original package.
- Do not use Co-cyprindiol Tablets after the expiry date shown on the strip. The expiry date refers to the last day of that month.
- 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 protect the environment.
- If the medicine becomes discoloured or show any other signs of deterioration, you should seek the advice of your pharmacist who will tell you what to do.

#### **6) Contents of the pack and other information**

##### **What Co-cyprindiol Tablets contain**

The active ingredients are cyproterone acetate and ethinylestradiol. Each tablet contains Cyproterone acetate 2 mg and Ethinylestradiol 35 micrograms.

The other ingredients are:

Tablet core: Lactose monohydrate, Maize starch, Povidone K25, Magnesium stearate, Talc,

Tablet coating: Sucrose, Calcium carbonate, Macrogol 6000, Titanium dioxide (E171), Povidone K90, Glycerol 85%, Montan glycol wax.

##### **What Co-cyprindiol Tablets look like and contents of the pack**

Co-cyprindiol Tablets are white, round, biconvex coated tablets. The blister strips are supplied in a carton box. Each box contains 63 Tablets (3 x 21).

PL 46420/0511 Co-cyprindiol 2000/35 microgram tablets **POM**

##### **Who makes and repackages your medicine?**

Your medicine is manufactured by Haupt Pharma Münster GmbH, Schleebrüggenkamp 15, DE-48159 Münster, Germany or Heaton k.s., Movianto Czech Republic s.r.o., Podolí 78e 664 03 Podolí, Czech Republic. Procured from within the EU and repackaged by the Product Licence holder: Suerte Pharma Ltd, 4/5 Northolt Trading Estate, Belvue Road, Northolt, Middlesex, UB5 5QS.

**Leaflet date: 26.06.2025**

**For any information about this medicine, or to request for a copy of this leaflet in Braille, large print or audio, please call the PL holder: Suerte Pharma Ltd on 020 8839 3000.**