



Slinda[®]

drospirenone 4 mg 24+4 tabl.



About Slinda®

Slinda® is a contraceptive pill used to prevent pregnancy. It contains a small amount of drospirenone, a progestin that resembles the female hormone progesterone. Slinda® is a type of contraceptive pill called a progestin-only pill (POP). It is different from combined contraceptive pills as it does not contain the hormone oestrogen. Therefore, Slinda® can also be used by women

- who cannot or do not wish to take oestrogen
- after giving birth
- who are breastfeeding

Slinda® prevents pregnancy partly by inhibiting ovulation, and partly by making the uterine lining thinner. Moreover, the secretions in the cervix are changed and becomes difficult for sperm to penetrate.



Before you begin

Every blister pack contains 24 white active pills and 4 green placebo pills. The different coloured pills are placed in order. It is important that you first use the 24 white pills, and then use the green, hormone-free pills for 4 days. To help you remember to take the pill every day, the pack contains 7 self-adhesive labels showing the 7 days of the week.

Välj den veckodagsetiketten som inleds med den dag då du börjar ta tabletterna. Sätt etiketten på blisterkartan så att den täcker orden "Fäst veckodagsetiketten här". Varje dag hamnar i linje med en rad tabletter. Det är viktigt att du tar tabletten varje dag. Läs bipacksedeln om du glömmer en tablett.

Valitse päivätarra, joka alkaa päivästä, jona aloitat tablettien oton. Kiinnitä tarra läppipainopakkauskohtaan, jossa lukee "Kiinnitä päivätarra tähän". Kukin päivä osuu tablettirivin kohdalle. On tärkeää ottaa tabletti joka päivä. Jos unohdat ottaa tabletin, lue ohjeet pakkausselosteesta.

START ▼

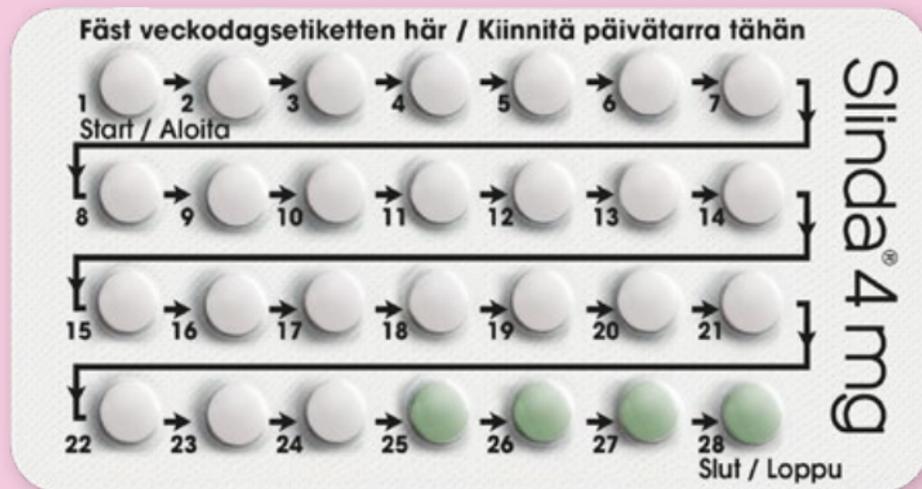
| | | | | | | |
|---------|---------|---------|---------|---------|---------|---------|
| MÄN/MA | TIS/TI | ONS/KE | TORS/TO | FRE/PE | LÖR/LA | SÖN/SU |
| TIS/TI | ONS/KE | TORS/TO | FRE/PE | LÖR/LA | SÖN/SU | MÄN/MA |
| ONS/KE | TORS/TO | FRE/PE | LÖR/LA | SÖN/SU | MÄN/MA | TIS/TI |
| TORS/TO | FRE/PE | LÖR/LA | SÖN/SU | MÄN/MA | TIS/TI | ONS/KE |
| FRE/PE | LÖR/LA | SÖN/SU | MÄN/MA | TIS/TI | ONS/KE | TORS/TO |
| LÖR/LA | SÖN/SU | MÄN/MA | TIS/TI | ONS/KE | TORS/TO | FRE/PE |
| SÖN/SU | MÄN/MA | TIS/TI | ONS/KE | TORS/TO | FRE/PE | LÖR/LA |

Choose the weekday label that begins with the day on which you take the first pill (e.g. if you start on a Wednesday, use the weekday label that begins with "ONS" (for onsdag, Wednesday in Swedish) and place it on the blister pack over the words "Fäst veckodagsetiketten här", so that the first day is above the pill labelled "START". Now there will be a weekday (in Swedish) above each pill, so that you can see whether you have taken that day's pill. The arrows and numbers show the order in which to take the pills.

When one blister pack ends, you continue immediately with a new one. You may not take a break between two blister packs.

Start using Slinda®

Slinda® must be taken daily, in the correct order, and at approximately the same time every day. The table below describes how to get started with Slinda®, or how to change from another contraceptive.



| No hormonal contraception during the last month | Change from combined contraceptive pills ¹ | Change from vaginal ring ¹ or contraceptive patch ¹ | Change from progestin-only pills (POP) ² | Change from contraceptive injection, contraceptive implant, or hormonal IUD |
|---|--|---|--|--|
| Start using Slinda® on the first day of your natural menstrual cycle (the first day of bleeding). | Start using Slinda® on the day after you took your last active pill from your previous combined contraceptive pills. | Start using Slinda® on the same day that you remove your vaginal ring or contraceptive patch. | You can stop using a mini contraceptive pill/other progestogen-only-pills at any time and start using Slinda® the next day | Start using Slinda® on the same day that your implant or hormonal IUD is removed, or on the day that you should have received your next contraceptive injection. |
| | At the latest, you can also start using Slinda® the day after the normal contraceptive break of a pill, ring or patch. In such a case, use additional protection (e.g. a condom) during your first 7 days of using Slinda®. 1) contain two types of hormones: oestrogen and progestin | | 2) contain only one type of hormone: progestin | |

Follow your doctor's/midwife's advice if you start using Slinda® after using the emergency contraceptive pill, have undergone an abortion, given birth, or for "quick start".



If you have given birth

You can start using **Slinda**[®], 21 to 28 days after giving birth. If you start later than day 28, but before your menstruation has returned, please make sure that you are not pregnant. Use additional protection (e.g. a condom) for the first 7 days that you take the pills.

If you have recently engaged in intercourse, please make sure that you are not pregnant before you start to use **Slinda**[®].

Slinda[®], can also be used by breast-feeding women. Very small amounts of the active substance in **Slinda**[®], may transfer to the breast milk, but this is not expected to have an impact on the newborn/baby that is being breastfed.

If you become ill



If you vomit or experience severe diarrhea, there is a risk that your body has not absorbed the active substance from the pill. This is almost the same situation as forgetting to take the pill. In cases such as this, you will need to use additional protection. Ask your doctor/midwife for advice.

If you vomit or experience severe diarrhea within 3–4 hours after taking a white active **Slinda**[®] pill, you must immediately take a new white pill from another blister pack. If possible, take the pill within 12 hours from the usual time you take your pill. No further protection is needed. If this is not possible, or if 12 hours have passed, please follow the advice in “If you have forgotten to take **Slinda**[®]” on the next page.

If you have forgotten to take Slinda®

If you have forgotten to take a pill, take the forgotten pill as soon as you remember, and then take the next pill at the usual time, even if this means taking two pills at the same time. **If more than 12 hours have passed**, use additional protection (e.g. a condom) for the following 7 days.

The more pills you have forgotten to take, the greater the risk of reduced protection.

If you forget to take a pill during the first week of taking Slinda®, and you had intercourse during the week before you forgot to take the pill, there is a risk that you could be pregnant. In cases like this, please contact a doctor/midwife.

If you forget to take a pill between days 15 and 24 (the third or fourth row), take the forgotten pill as soon as you remember, even if this means taking two pills at the same time. Continue to take the white active pills at the usual time. Do not take the green placebo

pills, but rather discard them and immediately start on the next blister pack (you will begin on a different day of the week). By skipping the placebo pills, you are still protected against pregnancy.

The last 4 green pills in the blister pack are placebo pills. If you forget to take any of these pills, the contraceptive efficacy will not be reduced. Discard the forgotten placebo pill.

Some medication and (traditional) plant-based medication can reduce the effect of Slinda®. Your doctor/midwife can tell you whether you need to use additional contraception, and for how long.

Also remember that Slinda® can affect the effect of some other medication, either by increasing or reducing its effect. Read more about this in the packaging leaflet.

Possible side effects

As with other contraceptive pills, **Slinda**[®] can cause side effects, but not all users may experience them. Possible side effects include nausea, tender breasts, headaches, mood swings, and acne. You may also experience irregular menstrual bleeding, or no bleeding at all. Irregular

bleeding is not a sign that the contraceptive efficacy of **Slinda**[®] is lost. If you experience severe/long-term bleeding, or side effects that endure, speak to your doctor/midwife.

Read more about possible side effects in the packaging leaflet.

Immediately contact a doctor if:

- you experience severe pain or swelling in a leg, unexplained chest pain, respiratory distress or irregular coughing (may be the sign of a blood clot)
- you feel a lump in your breast (may be a sign of breast cancer)
- you experience sudden, severe pain in your abdomen, or signs of jaundice (a yellowing of the skin and whites of your eyes, or dark urine, which can be a sign of liver problems)
- you experience a sudden and severe pain in the lower part of your abdomen (may be a sign of an ectopic pregnancy)
- you are bedridden or will be undergoing larger surgery
- you experience unusual, severe bleeding from your genitals
- you suspect you may be pregnant

If you need to seek medical advice, please remember to inform the doctor that you are using the progestin-only pill (oestrogen-free contraceptive pills).

Slinda® (drospirenone) 4 mg coated pills. **Indication:** Slinda® is a contraceptive pill used to prevent pregnancy. **Warnings and caution:** Do not use Slinda® if you have, or are suspected of having, cancer that is sensitive to sex hormones, a blood clot in a blood vessel or the lungs, impaired liver function, renal failure, or unexplained vaginal bleeding. **Immediately contact a doctor/midwife if:** you experience severe pain or swelling in a leg, unexplained pain in your chest, respiratory distress, abnormal coughing, especially if you cough up blood (may be a sign of thrombosis), you suddenly experience severe pain in your stomach or signs of jaundice (a yellow tint to the skin or whites of your eyes, or dark urine, which may signify liver problems), you feel a lump in your breast (which may be a sign of breast cancer), you experience a sudden or severe pain in the lower part of your abdomen or stomach (may signify an ectopic pregnancy, i.e. a pregnancy outside of the uterus), you are bedridden or will be undergoing surgery (ask the advice of your doctor/midwife at least four weeks in advance), you experience an abnormal, severe vaginal bleed, or you suspect that you may be pregnant. Some women who use hormonal contraception, including Slinda®, have reported experiencing depression or malaise. If you notice that your mood changes, or if you experience symptoms of depression, you must immediately contact a doctor/midwife for medical advice. See the packaging leaflet for further information about medication and situations that may require you to use additional protections (e.g. a condom). **Pregnancy and breastfeeding:** Do not use Slinda® if you are, or think you are, pregnant. Slinda® can be used while breastfeeding. Read the packaging leaflet carefully before using Slinda®. It contains important information for you. Contact: Exeltis Sverige AB, Strandvägen 7A, 114 56 Stockholm, Sweden. Telephone: +46 (0)8-586 335 10. E-mail: nordics@exeltis.com. Abbreviated information based on packaging leaflet dated 19/03/2020.

Please note: This user guide is a translation into English of material initially produced in Swedish. It is aimed at supporting the counselling of non-Swedish-speaking patients. In case of doubts, please contact your prescriber.

Fact checked by Kristina Gemzell Danielsson, Professor of obstetrics and gynecology, December 2019.