



How do I take Slinda®?

You take a pill by mouth every day. Each pack of Slinda® contains 28 pills - 24 active pills that contain the hormone (white) and 4 inactive pills that do not contain any hormone (green).

Who can take Slinda®?

Most people can take Slinda®. However there are some conditions that may make it unsuitable for you.

These include:

- If you have unusual vaginal bleeding
- If you have severe liver disease
- If you have breast cancer

What are the advantages of Slinda®?

- It is highly effective with correct use
- It is easy to get with a script from your doctor
- It is easily reversible if you stop using it
- It can reduce your menstrual bleeding over time
- You can use it if you are unable to take oestrogen

What are the disadvantages of Slinda®?

- You need to take it every day
- It may be less effective if not used properly

What side effects does Slinda® have?

Occasionally people may experience headaches, breast tenderness, or mild skin changes; these usually settle within a few months. If they don't settle talk to your doctor.

Where do I get Slinda®?

Slinda® needs to be prescribed by a doctor, and then the prescription taken to a pharmacy.

What do I do if I miss taking one of my Slinda® pills?

Is it more than 24 hours since the pill should have been taken? (This means more than 48 hours since you last took a pill)

YES

Take the most recently missed pill straight away.

This may mean taking 2 pills on one day (throw out any other missed pills).

Continue to take your pill at the usual time.

Use condoms or abstain from sexual intercourse until you have taken 7 of the hormone pills (white).

After taking 7 hormone pills (white), you should be protected from pregnancy again.

NO

Take the pill straight away.

This may mean taking 2 pills on the same day. The pill will still work.

If you have taken LESS than 7 hormone pills (white) in your current pack since your last inactive (green) pills and have had sex without a condom you may need to use emergency contraception. Talk to your pharmacist, doctor, or a nurse.

If there are LESS than 7 hormone pills left in your current pack, skip the inactive pills (green) and start the active pills (white) in your next pack.

Progestogen-Only Pills (POPs)

Progestogen-only pills are contraceptive pills that contain the hormone progestogen, which is like the hormone progesterone produced by the ovaries.





What are progestogen only pills?

Progestogen-only pills are contraceptive pills that contain the hormone progestogen, which is like the hormone progesterone produced by the ovaries.

Progestogen-only pills are different from the other contraceptive pill (known as 'the pill') which contains two hormones- progestogen and oestrogen.

There are 2 types of progestogen-only pills available in Australia:

- The progestogen-only pill or 'mini pill'.
- The drospirenone pill (Slinda®)

THE PROGESTOGEN-ONLY PILL (MINI-PILL)

The mini-pill is an oral contraceptive pill that contains a low dose of progestogen.

There are two different types of mini-pills available in Australia: levonorgestrel (brand name Microlut®) and norethisterone (brand name Noriday®). They both work the same way.

How does it work?

The mini-pill works by thickening the mucous in the cervix so that sperm cannot get into the uterus (womb) and fertilise an egg.

How effective is it?

The mini-pill is 93% effective at preventing pregnancy with typical use and up to 99% effective when it is used perfectly. Effectiveness is dependent on you taking the pill correctly.

How do I take it?

You take the mini-pill by swallowing a pill every day and taking it continuously without any breaks. It needs to be taken strictly at the same time every day, so it's best to choose a time that is easy for you to remember. It can be helpful to use an alarm or a reminder in your phone to help you remember to do this.

Who can take the mini-pill?

Most people can take the mini-pill. However, there are some conditions that may make it unsuitable for you.

These include:

- If you have unusual vaginal bleeding
- If you have severe liver disease
- If you have breast cancer

What are the advantages of the mini-pill?

- ✓ It is a low-dose oral contraceptive
- ✓ It has minimal side effects
- ✓ It is easily reversible if you stop using it
- ✓ You can use it while breastfeeding
- ✓ You can use it if you are unable to take oestrogen

What are the disadvantages of the mini-pill?

- It needs to be taken strictly at the same time every day.
- It can change your periods. Some women may experience regular periods, while others experience irregular bleeding.

What side effects does the mini-pill have?

The mini-pill has very few side effects. Occasionally people may experience headaches, breast tenderness, or mild skin changes. However, these usually settle with time.

The main side effect which may occur is a changed bleeding pattern. This might be irregular bleeding, missed periods, or sometimes no periods.

Some women who take the mini pill report weight gain, but there is no current evidence that the mini-pill causes this side effects.

Where do I get it?

The mini-pill needs to be prescribed by a doctor, and then the prescription taken to a pharmacy.



What do I do if I miss a pill?

If you take the mini-pill more than 3 hours late you could get pregnant. If you have missed a pill, you should take it as soon as you remember and then take the next pill at the correct time; this may mean taking 2 pills on the same day. Then continue to take your pill at the usual time. Use additional contraception(condoms) or avoid sex for the following 3 days.

If you had sex when you were not protected, you should consider using the emergency contraceptive pill to reduce the risk of becoming pregnant.

The emergency contraceptive pill is available at pharmacies without a prescription. It needs to be within 3 days and the sooner it is taken the more effective it is.

What should I do if I am vomiting?

If you vomit within two hours of taking the mini- pill, you should take another pill straight away. If you vomit up the second pill you need to use condoms or avoid sex until you have taken the next 3 pills at the correct time each day.

What if I am taking other medications?

Some medications and herbal preparations may stop the mini-pill working, this should be discussed with your prescribing doctor.

SLINDA®

Slinda® is a contraceptive pill that contains the progestogen drospirenone, and no oestrogen, and works similarly to the combined oral contraceptive pill ('the pill').



How does Slinda® work?

Slinda® works by:

- Preventing ovulation (release of an egg by the ovary)
- Thickening the mucous in the cervix

How effective is it?

Slinda® is 93% effective at preventing pregnancy with typical use and 99% effective with perfect use.