

NorLevo[®] levonorgestrel 1.5 milligrams

NorLevo[®] – an efficient morning-after contraceptive pill

What is NorLevo[®]?

NorLevo[®] is a day-after pill that's used only as an emergency measure after having unprotected sex or as backup if other birth-control measures fail. One NorLevo[®] treatment is intended to prevent pregnancy. The medication contains the levonorgestrel (progesterone) hormone – a substance that is also found in certain birth-control pills and mini-pills. The effect from NorLevo[®] is maximised when it is taken as soon as possible after having unprotected sex. The risk of becoming pregnant after taking NorLevo[®] is 0.4% if it is taken within the first 24 hours after having unprotected sex; 1.2% after 48 hours, and 2.7% after 72 hours.

How is NorLevo[®] taken?

A treatment consists of one tablet containing 1.5 milligrams of levonorgestrel. The tablet must be taken as soon as possible but not more than 72 hours (three days) after having unprotected sex.

Note: You can take NorLevo[®] any time during the menstruation cycle. Other birth-control products should be used after using NorLevo[®], for example condoms, diaphragms or spermicides. Use of NorLevo[®] does not prevent the continued use of birth-control pills.

How does NorLevo[®] prevent unplanned pregnancy?

The way in which NorLevo[®] protects against unplanned pregnancy is not totally understood. So far, all the

available research suggests that NorLevo[®] inhibits or delays ovulation.

When should a pregnancy test be taken?

Menstruation-type bleeding can occur during pregnancy. To be on the safe side, a pregnancy test should be administered three to four weeks after taking NorLevo[®]. A pregnancy test should definitely be performed if menstruation starts on time but appears abnormal – or if menstruation is more than five days delayed.

Note: After using NorLevo[®], birth-control pill users should undergo a pregnancy test if menstruation does not occur during the part of the cycle when they need not take their pills.

When can I use NorLevo[®]?

- Condom failure, i.e., it broke or slid off.
- Birth-control pills were not taken or were taken too late; refer to the information that comes with your birth-control pills.
- The diaphragm or vaginal condom failed, i.e., it slid out of place or was removed too soon.
- The inter-uterine device slid out of place or was expelled from the body.
- Withdrawal or fertility-awareness methods failed.
- Unprotected sexual intercourse occurred.
- In the event of rape.

Does NorLevo[®] produce side effects?

Like all medication, NorLevo[®] can produce side effects. The following side effects have been observed:

nausea, abdominal pain, faintness, headache, dizziness, breast tenderness, irregular bleeding, vomiting, and diarrhoea.

How often can NorLevo[®] be taken?

NorLevo[®] may be taken only in emergencies; it is not intended to replace other birth-control methods. Repeated use within the same menstruation cycle is not recommended due to the risk of abnormal bleeding. Other, more effective methods are available for regular use. Consult a doctor or midwife.

What happens if I'm already pregnant when I take NorLevo[®]?

NorLevo[®] is a day-after, emergency measure that prevents pregnancy. NorLevo[®] cannot terminate pregnancy. If you're already pregnant and you take NorLevo[®], then the medication has no effect on the foetus.

Is NorLevo[®] an abortion pill?

No. NorLevo[®] cannot terminate pregnancy by initiating an abortion. In clinical studies, researchers did not find an increased risk for foetal damage when using 1.5 milligrams of levonorgestrel.

Condoms – the best protection against sexually transmitted diseases (STDs)!

NorLevo[®] provides no protection against STDs. Condoms provide protection against both STDs and pregnancy. Remember to use condoms when you're with a new partner.

Sometimes you have to think ... after

12 questions and answers

1. Does NorLevo[®] work with other medications?

Use of the following medications with NorLevo[®] can prevent NorLevo[®] from yielding the desired effect: certain tuberculosis medications (rifabutin and rifampicin); certain medications for HIV infections (ritonavir); certain antibiotics (griseofulvin); certain epilepsy medications (phenobarbital, phenytoin, primidon, and carbamazepine), and St. John's Wort (hypericum perforatum).

2. Do I need a prescription for NorLevo[®]?

No prescription is needed for NorLevo[®]. You can buy it at the pharmacy (chemist).

3. When shouldn't I take NorLevo[®]?

Women who experience reduced liver function or have an intestinal disease that reduces the body's ability to absorb medication (e.g., Crohn's disease) should not take NorLevo.

4. Can I take NorLevo[®] if I'm nursing my baby?

Consult pharmacy personnel or ask a doctor or midwife.

5. What do I do if I vomit after taking NorLevo[®]?

If you vomit within three hours after taking NorLevo[®], then you should immediately take another tablet to achieve an effect. Consequently, you must buy another package to implement the entire treatment.

6. Does extra bleeding occur in connection with taking NorLevo[®]?

Normally, no extra bleeding occurs – but it can happen. Many women get the next period several days before or after the expected date. If you use NorLevo[®] several times during the same menstruation cycle, then there's a higher risk that abnormal bleeding can occur.

7. How am I supposed to take my pills after a NorLevo[®] treatment?

If you've been using birth-control pills, then you must continue taking them as usual. If you temporarily stop using them, then their protective effect diminishes. That's why we recommend using condoms as a complement during the following week. Women who use mini-pills often have irregular bleeding. If you use mini-pills, then you should undergo a pregnancy test, as a matter of course, three to four weeks after you take NorLevo[®] – to ensure that you're not pregnant.

8. How do I know if NorLevo[®] worked?

To be totally sure you're not pregnant, you need a pregnancy test – three to four weeks after you take NorLevo[®]. You definitely should take a pregnancy test if you get your period on time but the bleeding is abnormal or if your period is more than five days late.

9. How do I book a follow-up visit and get birth-control counselling?

In Sweden, contact a midwife at the youth, maternity, or obstetrics/gynaecology clinic in your area.

In Denmark, get in touch with your local primary care clinic regarding birth control, cohabitation, and sexuality issues. You can also call:

- A pharmacy
- Föreningen Sex & Samfunds Preventions- och rådgivnings-klinik, tel: 33 13 9113 (www.sexogsamfund.dk).
- A sexual counselling hotline for young people, tel: 70 20 2266 (www.sexlinjen.dk)
- Or consult www.netdoktor.dk.

In Norway, get in touch with your local primary care clinic regarding birth control, cohabitation, and sexuality issues. Or call:

- The SUSS phone (Centret for Ungdom, Samliv och Sexualitet), 800 33 866

- The sexual health line, 810 02 244
- The sexual information clinic, 23 22 80 60

10. When do I have to take NorLevo[®] after having unprotected sex?

Take NorLevo[®] as soon as possible, preferably within 12 hours, and within 72 hours (three days) after having unprotected sex – the sooner, the better.

11. Is information about NorLevo[®] available in different languages?

User information is available in: Arabic, Bosnian, Croatian, English, Finnish, French, German, Kurdish, Persian, Serbian, Somali, Spanish, Swedish, and Turkish. You can get the information from the pharmacy or a youth clinic. Or you can visit www.norlevo.nu and retrieve the information in the desired language.

12. Are pharmacy employees committed to professional secrecy?

Yes. They have an obligation to maintain secrecy. Carefully read the information that comes with the package.

NorLevo[®] is a registered trademark of Nycomed.

Nycomed AB
Box 27264, 102 53 Stockholm, Sverige.
Tel. (+46) 8 731 28 00
www.nycomed.se

Nycomed Pharma AS
P.O. Box 205, 1372 Asker, Norge.
Tel. (+47) 66 76 30 30
www.nycomed.no

Nycomed Danmark A/S
P.O. Box 88, 4000 Roskilde, Danmark.
Tel. (+45) 46 77 11 11
www.nycomed.dk

Sometimes you have to think ... after