

# Desirett 75 mcg

Desogestrel 75 microgram

**"World Health Organization" (WHO) recommends the use of progestogen only pills instead of COC\* in certain women.<sup>1</sup>**

- Breastfeeding mothers<sup>2</sup>
- Women over 35 years old<sup>1</sup>
- Smoking women<sup>3,4</sup>
- Women with migraine<sup>3,5</sup>
- Women who have headaches and breast sensitivity, which may be estrogen-dependent<sup>6,7</sup>
- Obese women<sup>3</sup>
- Women who cannot tolerate estrogen and/or do not want to use estrogen<sup>3,6</sup>

**Desirett is the first choice for women who cannot use or who cannot tolerate estrogen in birth control.<sup>3,8</sup>**

#### References:

1. World Health Organization. Medical Eligibility Criteria for Contraceptive Use. 5th edition of 2015. 2. Bjarnadóttir R I. Comparative study of the effects of a progestogen-only pill containing desogestrel and an intrauterine contraceptive device in lactating women. BJOG. 2001; 108 (11):1174-1180. 3. Oral Kontrasepsiyon Kılavuzu. Türk Jinekoloji ve Obstetrik Derneği. 2012. ISBN 978-605-5720-12-4. 4. The progestogen-only pill. NHS. <http://www.nhs.uk/Conditions/contraception-guide/Pages/the-pill-progestogen-only.aspx> (Erişim: 17/03/2016). 5. Nappi RE, et al. Hormonal contraception in women with migraine: is progestogen-only contraception a better choice? The Journal of Headache and Pain. 2013;14(66): 1-6. 6. Melo D, Roberto N. Estrogen-free oral hormonal contraception: Benefits of the progestin-only pill. Women's Health. 2010;721-35. 7. Grove D, Hooper DJ. Doctor contraceptive-prescribing behaviour and women's attitudes towards contraception: two European surveys. Journal of Evaluation in Clinical Practice. 2011;17:493-502. 8. Desirett kısa ürün bilgisi

\*Combined Oral Contraceptive.



#### Desirett 75 film coated tablets.

75 mcg Desogestrel

**Indications:** Desirett is a progestogen-only-pill (POP), used to prevent pregnancy. **Composition:** The active substance is: desogestrel (75 microgram) The other ingredients are: lactose monohydrate, maize starch, povidone K30, d-α-tocopherol, soybean oil, silica, colloidal anhydrous, silica, colloidal hydrated, stearic acid, hypromellose, polyethylene glycol, titanium dioxide (E 171). **Contraindications:** If you are allergic to desogestrel, or any of the other ingredients of Desirett, if you have a thrombosis. Thrombosis is the formation of a blood clot in a blood vessel [e.g. of the legs (deep venous thrombosis) or the lungs (pulmonary embolism)]. If you have or have had jaundice (yellowing of the skin or severe liver disease and your liver is still not working normally. If you have or if you are suspected of having a cancer that grows under the influence of sex-steroids, such as certain types of breast cancer. If you have any unexplained vaginal bleeding. If any of these conditions apply to you, tell your doctor before you start to use Desirett. Your doctor may advise you to use a non-hormonal method of birth control. If any of these conditions appear for the first time while using Desirett, consult your doctor immediately. **Possible side effects:** Like all medicines, Desirett can cause side effects, although not everybody gets them. Vaginal bleeding may occur at irregular intervals while using Desirett. This may be just slight staining which may not even require a pad, or heavier bleeding, which looks rather like a scanty period. You may need to use tampons or sanitary towels. You may also not have any bleeding at all. Irregular bleeding is not a sign that Desirett is not working. In general, you need not take any action; just continue to take Desirett. If bleeding is heavy or prolonged you should consult your doctor. How often are other possible side effects seen? Common (affecting less than 1 in 10 women): mood changes, depressed mood, decreased sexual drive (libido), headache, nausea, acne, breast pain, irregular or no periods, weight increase. Uncommon (affecting less than 1 in 100 women) infection of the vagina, difficulties in wearing contact lenses, vomiting, hair loss, painful periods, ovarian cysts, tiredness. Rare (affecting less than 1 in 1000 women) skin conditions such as: rash, hives, painful blue-red skin lumps (erythema nodosum) Apart from these side effects, breast secretion or leakage may occur. You should see your doctor immediately if you experience symptoms of angioedema, such as (i) swollen face, tongue or pharynx; (ii) difficulty to swallow; or (iii) hives and difficulties to breathe.

November 2016

EXE-ME-DES-002

*When Estrogen-Free  
Oral Contraceptive is necessary*

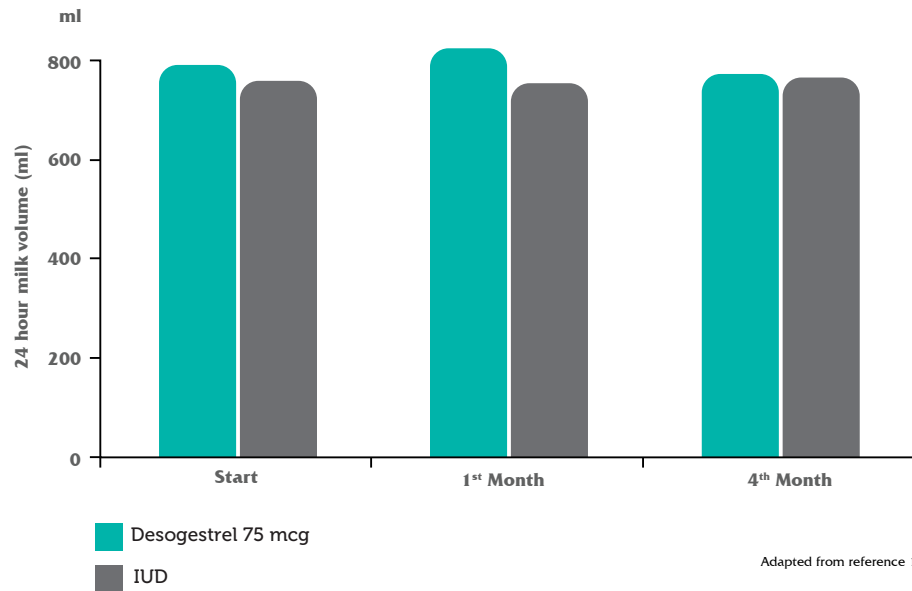


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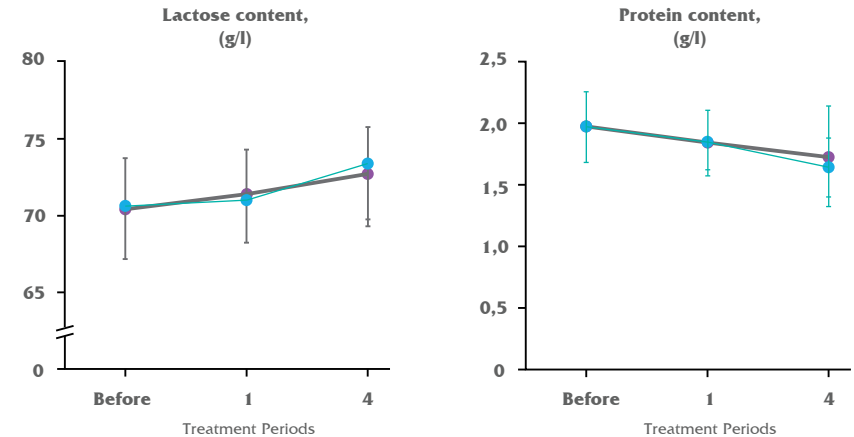
## First choice for breastfeeding mothers using birth control

### Effects of desogestrel 75 mcg and IUD\* on Breast Milk Amount<sup>1</sup>



Desogestrel 75 mcg, n=42  
IUD, n=41

### Effects of desogestrel 75 mcg and IUD on Breast Milk Content<sup>1</sup>

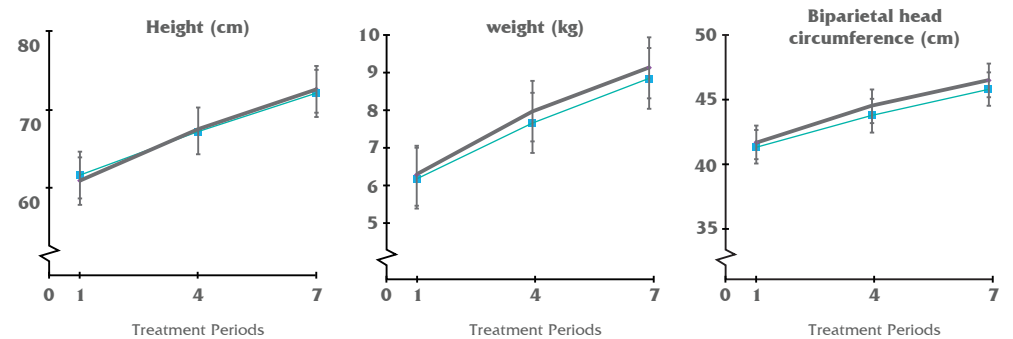


Desogestrel 75 mcg IUD

Desogestrel 75 mcg, n=42  
IUD, n=41

It has been shown that only oral contraceptives containing 75 mcg Desogestrel do not affect the quality and quantity of mother's milk for breastfeeding mothers.<sup>1,2</sup>

### Effects of desogestrel 75 mcg and IUD on Growth of Newborns<sup>1</sup>



Desogestrel 75 mcg \*IUD: intra uterine device

It has been shown that oral contraceptives containing only 75 mcg Desogestrel do not affect the growth rate of newborn infants.

References: 1. Bjarnadottir RI, et al. British Journal of Obstetrics and Gynaecology 2001;108:1174-80. 2. Desirett SHORT Product Information