



CONSUMER MEDICINE INFORMATION

Isabelle 3 mg/ 30 µg Tablets

Drospirenone and Ethinyloestradiol

Contraceptive tablets for women

WHAT IS IN THIS LEAFLET

This leaflet answers some common questions about Isabelle. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Isabelle against the benefits they expect it will have for you.

If you have any concerns, or are unsure about taking this medicine, ask your doctor or pharmacist for more advice.

Keep this leaflet with the medicine.

You may need to read it again.

WHAT ISABELLE IS USED FOR

Isabelle is a combined oral contraceptive, commonly known as a 'birth control pill' or 'the Pill'.

Isabelle is used to prevent pregnancy.

You may also experience the following benefits:

- improvement in symptoms like bloating, swelling or weight gain related to fluid retention
- more regular and shorter periods and a decrease in the amount of blood you lose each month
- a decrease in anaemia (iron deficiency)
- a decrease in period pain.

Some medical conditions such as pelvic inflammatory disease, ovarian cysts, ectopic pregnancy and disorders of the uterus (womb), ovaries and breast are less common in women taking oral contraceptives.

When taken correctly, it prevents you from becoming pregnant in several ways:

- inhibiting the egg release by stopping it maturing
- changing the cervical mucus consistency, making it more difficult for the sperm to reach the egg
- changing the lining of the uterus, making it less suitable for implantation.

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

BEFORE YOU TAKE ISABELLE

When you must not take it

Do not take Isabelle if you have an allergy to:

- drospirenone and/or ethinyloestradiol, the active ingredients in Isabelle
- any of the ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include:

- shortness of breath
- wheezing or difficulty in breathing
- swelling of the face, lips, tongue or other parts of the body
- rash, itching or hives on the skin.

Do not take Isabelle if you have or have had a blood clot in:

- the blood vessels of the legs (deep vein thrombosis)
- the lungs (pulmonary embolism)
- the heart (heart attack)
- the brain (stroke)
- other parts of the body.

Do not take Isabelle if you are concerned about an increased risk of blood clots.

Blood clots are rare. Very occasionally blood clots may cause serious permanent disabilities, or may even be fatal.

You are more at risk of having a blood clot when you take the Pill. But the risk when taking the Pill is less than the risk during pregnancy.

Do not take Isabelle if you are concerned about an increased risk of blood clots because of age or smoking.

The risk of having a heart attack or stroke increases as you get older. It also increases if you smoke. You should stop smoking when taking the Pill, especially if you are older than 35 years of age.

Do not take Isabelle if you have, or have had:

- angina pectoris or chest pain
- severe kidney insufficiency or an acute failure of your kidney
- migraine, accompanied by visual symptoms, speech disability, or weakness or numbness in any part of your body
- diabetes mellitus with blood vessel damage
- pancreatitis (an inflammation of the pancreas) associated with high levels of fatty substances in your blood
- jaundice (yellowing of the skin)
- severe liver disease
- cancer that may grow under the influence of sex hormones (e.g. of the breast or the genital organs)

- benign or malignant liver tumour
- unexplained vaginal bleeding.

Do not take this medicine if you are pregnant or think you might be pregnant.

Do not give this medicine to a child.

Do not take this medicine after the expiry date printed on the pack and blister.

The expiry date is printed on the carton and on each blister. If it has expired return it to your pharmacist for disposal.

Do not take this medicine if the packaging is torn or shows signs of tampering.

If the packaging is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor.

Before you start to take it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if:

- you smoke
- you are overweight
- you or anyone in your immediate family has had blood clots in the legs (thrombosis), a heart attack, a stroke, breast cancer or high cholesterol.

Tell your doctor if you have, or have had any of the following medical conditions:

- diabetes
- high blood pressure
- heart valve disorders or certain heart rhythm disorders
- inflammation of your veins (superficial phlebitis)
- varicose veins
- migraine
- epilepsy
- an increased potassium blood level (e.g. due to problems with your kidney/s) and also use of diuretics or other drugs that may increase the potassium in your blood.

Ask your doctor to check if you have:

- high cholesterol or triglycerides
- liver disease
- gall bladder disease
- Crohn's disease or ulcerative colitis (chronic inflammatory bowel disease)
- systemic lupus erythematosus (SLE – a disease affecting the skin all over the body)
- haemolytic uraemic syndrome (HUS– a disorder of blood coagulation causing failure of the kidneys)
- sickle cell disease
- a condition that occurred for the first time, or worsened during pregnancy or previous use of sex hormones (e.g. hearing loss, a metabolic disease called porphyria, a skin disease called herpes gestationis, a neurological disease called Sydenham's chorea)
- chloasma (yellowish-brown pigmentation patches on the skin, particularly of the face) – if so, avoid too much exposure to the sun or ultraviolet radiation

- hereditary angio-oedema – you should see your doctor immediately if you experience symptoms of angio-oedema, such as swollen face, tongue and/or pharynx and/or difficulty swallowing, or hives together with difficulty in breathing.

If any of the above conditions appear for the first time, or recur or worsen while taking Isabelle, you should contact your doctor.

If you have not told your doctor about any of the above, tell him/her before you start taking Isabelle.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and Isabelle may interfere with each other.

These include:

- medicines used to treat tuberculosis such as rifampicin, rifabutin
- medicines used to treat epilepsy such as phenytoin, primidone, barbiturates (e.g. phenobarbitone), carbamazepine, oxcarbazepine, topiramate, felbamate, lamotrigine
- medicines used to treat HIV, such as ritonavir or nevirapine
- antibiotics (penicillin, ampicillin, erythromycin, tetracycline)
- medicines used to treat fungal infections, such as ketoconazole and griseofulvin
- cyclosporin, an immunosuppressant medicine
- herbal medicines containing St John's Wort.

These medicines may be affected by Isabelle, or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

You might have an increase in potassium in the blood if you are taking Isabelle with medicines that may increase potassium levels in the blood.

These include:

- medicines used to treat high blood pressure, such as ACE inhibitors, angiotensin-II-receptor antagonists and diuretics
- certain anti-inflammatory medicines, such as indomethacin
- aldosterone antagonists, such as spironolactone and eplerenone.

In a study of women taking drospirenone together with an ACE inhibitor, no significant differences were observed in the potassium levels when compared to the placebo.

You may need to use additional barrier methods of contraception (such as condoms or a diaphragm) while you are taking any of these medicines and for some time after stopping them. Your doctor will be able to advise you about how long you will need to use additional contraceptive methods.

Your doctor and pharmacist have more information on medicines that you need to be careful with or avoid while taking this medicine.

HOW TO TAKE ISABELLE

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions printed on the pharmacist label, ask your doctor or pharmacist for help.

How to take it

Take your first yellow (active) tablet from the pink area on the blister pack corresponding to the day of the week. Follow the direction of the arrows on the blister pack until all the tablets have been taken. Each blister pack is marked with the day of the week.

Take one tablet daily at about the same time everyday. You must take Isabelle every day even if you do not have sex very often. It will also help you remember when to take it. It does not matter if you take this medicine before or after food.

Swallow the tablets whole with a glass of water.

Always start a new blister pack on the same day of the week as your previous pack.

If you do not understand the instructions on the blister pack, ask your doctor or pharmacist for help.

When to take it

If you are starting Isabelle after a natural cycle, and you have not used a hormonal contraceptive in the past month, start on the first day of your period, i.e. on the first day of your menstrual bleeding.

You may also start on days 2 to 5 of your period, but in that case make sure you also use additional barrier contraceptive precautions (e.g. condom) for the first 7 days of tablet-taking.

Your doctor will advise you when to start if you

- are taking Isabelle after having a baby
- are breast-feeding – Isabelle is not recommended
- have had a miscarriage or an abortion.

Changing from a combined oral contraceptive:

If you are switching from a 28 day pack combined oral contraceptive, start taking Isabelle on the day after taking the last active tablet in your previous Pill pack or immediately after finishing your last Pill (a withdrawal bleed may not occur until the end of the first pack of Isabelle).

Ask your doctor or pharmacist if you are not sure which the active tablets were in your previous Pill pack. Your previous Pill pack may have different colour tablets to those of Isabelle.

Changing from a progestogen-only pill:

If you are switching from a progestogen-only Pill (minipill), stop taking the minipill on any day and start taking Isabelle Tablets 3 mg/ 30 µg at the same time the next day. But make sure you also use additional barrier contraceptive precautions (e.g. condoms or a diaphragm) for the first 7 days of tablet-taking when having intercourse.

Changing from an injectable, implant or progesterone-releasing intrauterine system (IUS):

If you are switching from an injectable, implant or IUS, start taking Isabelle when your next injection is due, or on the day that your implant or IUS is removed. Make sure you also use additional barrier contraceptive precautions (e.g. condoms or a diaphragm) for the first 7 days of tablet-taking when having intercourse.

If you forget to take it

If you miss a tablet and take the missing tablet within 12 hours of missing it, you will be protected against pregnancy. If you are more than 12 hours late follow these detailed instructions:

For Isabelle to be most effective, yellow active tablets need to be taken uninterrupted for 7 days.

If you have been taking the yellow active tablets for 7 uninterrupted days and miss a yellow active tablet, take the missed tablet as soon as you remember, then go back to taking your medicine as you would normally, even if this means taking two tablets in one day.

You will be protected against pregnancy. The chance of pregnancy after missing a yellow active tablet depends on when you missed the tablet. There is a higher risk of becoming pregnant if you miss a tablet at the beginning or end of a pack.

If after taking your missed tablet you have less than 7 days of yellow active tablets left in a row, you should finish the active tablets in your pack but skip the white inactive tablets and start a new pack. This is the best way to maintain contraceptive protection. However, you may not have a period until the end of the yellow active tablets of the second pack. You may have spotting or breakthrough bleeding on tablet-taking days.

If you have been taking the yellow active tablets for less than 7 days and miss a yellow active tablet, take the missed tablet as soon as you remember, then go back to taking your medicine as you would normally, even if this means taking two tablets in one day. In addition, you should also use additional barrier contraceptive precautions (e.g. condoms or a diaphragm) for the next 7 days. If you have had sexual intercourse during that time, there is a possibility of pregnancy and you may need emergency contraception.

If you forget to take more than one yellow active tablet, seek advice from your doctor or pharmacist about what to do.

If you have had sexual intercourse in the week before missing your tablets, there is a possibility of becoming pregnant.

If you forget to take a white inactive tablet, take it as soon as you remember and take the next tablet at the usual time. You are still protected against pregnancy because the white tablets do not contain any active ingredients.

Please refer to diagram on last page of this leaflet for a Summary of advice if you missed a tablet more than 12hours ago.

Ask your doctor or pharmacist to answer any questions you may have.

If you take too much (overdose)

Immediately telephone your doctor or the Poisons Information Centre (Australia: 13 11 26 or New Zealand: 0800 POISON or 0800 764 766) for advice, or go to Accident and Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Isabelle.

Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

WHILE YOU ARE TAKING ISABELLE

Things you must do

Tell any doctors, dentists and pharmacists who treat you that you are taking this medicine.

Have regular check ups with your doctor

When you are taking the Pill, your doctor will tell you to return for regular check ups, including getting a pap smear test. Your doctor will advise how often you need a pap smear test. A pap smear test can detect abnormal cells lining the cervix. Sometimes abnormal cells can progress to cancer.

If you are about to start on any new medicine, remind your doctor and pharmacist that you are taking Isabelle.

Stop taking Isabelle and see your doctor immediately if you notice possible signs of thrombosis. These include:

- an unusual cough
- severe pain in the chest which may reach the left arm
- breathlessness
- any unusual, severe, or prolonged headache or migraine attack
- 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.

If you are going to have surgery, tell the surgeon or anaesthetist beforehand that you are taking this medicine. The risk of having deep venous thrombosis is temporarily increased as a result of an operation or immobilisation (for example, when you have your leg or legs in plaster or splints). In women who take the Pill, the risk may be higher.

The excess risk of thrombosis is highest during the first year a woman takes a combined oral contraceptive. Your doctor may tell you to stop taking the Pill several weeks before surgery,

or at the time of immobilisation, and when you can start taking the Pill again. If you notice possible signs of a thrombosis, stop taking the Pill and consult your doctor immediately.

Consult your doctor if you develop high blood pressure while taking Isabelle – you may be told to stop taking it.

If you become pregnant while taking this medicine, tell your doctor immediately.

If you are about to have any blood tests, tell your doctor that you are taking this medicine. It may interfere with the results of some tests.

If you vomit within 3-4 hours or have severe diarrhoea after taking a yellow active tablet, the active ingredients may not have been completely absorbed. This is like missing a tablet. Follow the advice for missed tablets.

If you have unexpected bleeding and it continues, becomes heavy, or occurs again, tell you doctor.

When taking these tablets for the first few months, you can have irregular vaginal bleeding (spotting or breakthrough bleeding) between your periods.

You may need to use sanitary protection, but continue to take your tablets as normal.

Irregular vaginal bleeding usually stops once your body has adjusted to the Pill, usually after about 3 months.

If you have missed a period, but you have taken all your tablets, it is very unlikely that you are pregnant.

Provided that:

- you have taken the yellow active tablets at the right time
- you have not been taking medicine(s) that may interfere with Isabelle
- you have not vomited or had severe diarrhoea during this cycle.

If this is so, continue to take Isabelle as usual. If you have any concerns consult your doctor or pharmacist.

If you miss your period twice in a row, you may be pregnant and you should seek advice from your doctor. Do not start the next pack of Isabelle until your doctor has checked that you are not pregnant.

Isabelle will not protect you from HIV-AIDS or any other Sexually Transmitted Diseases (STDs), such as chlamydia, genital herpes, genital warts, gonorrhoea, hepatitis B, human papilloma virus and syphilis. **To protect yourself from STDs, you will need to use additional barrier contraceptives (e.g. condoms).**

Things you must not do

Do not take Isabelle to treat any other conditions, unless your doctor tells you to.

Do not give your medicine to anyone else.

Do not stop taking your medicine or change the dosage without checking with your doctor. You may become pregnant if you are not using any other contraceptive and you stop taking Isabelle, or do not take a tablet every day.

SIDE EFFECTS

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Isabelle.

This medicine helps most people, but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following lists of side effects.

You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

The following list includes the more common side effects of your medicine. These are usually mild and lessen with time.

If you notice any of the following side effects and they worry you, tell your doctor or pharmacist:

- nausea
- stomach pain
- changes in weight
- headache, including migraines
- mood changes, including depression
- breast tenderness or pain.

The following list includes very serious but rare side effects. You may need urgent medical attention or hospitalization.

If you experience any of the following, tell your doctor immediately, or go to the Emergency Department at your nearest hospital:

- chest pain
- breathlessness and/or difficulty breathing
- painful swelling in your leg(s)
- weakness, numbness or bad 'pins and needles' of an arm or leg
- severe, sudden stomach pains
- a bad fainting attack, or you collapse
- unusual headaches or migraines that are worse than usual
- sudden problems with your speech or eyesight

The side effects listed above are possible signs of a thrombosis.

- jaundice (yellowing skin or yellowing eyes)
- you cough up blood
- breast lumps
- unexplained vaginal bleeding.

Tell your doctor or pharmacist if you feel unwell.

Other side effects not listed on the following pages may also occur in some people.

Thrombosis and the Pill

Thrombosis is the formation of a blood clot that may block a blood vessel.

Thrombosis sometimes occurs in the deep veins of the legs (deep venous thrombosis (DVT)). If a blood clot breaks away from the veins where it has formed, it may reach and block the arteries of the lungs, causing pulmonary embolism (PE).

Blood clots are a rare occurrence and can develop whether or not you are taking an oral contraceptive. They can also happen during pregnancy. The risk of having blood clots is higher in OC users than in non users, but not as high as during pregnancy.

Therefore, one should keep the possibility of an increased thromboembolic risk in mind, particularly where there is a history of thromboembolic diseases.

If you notice possible signs of a thrombosis, stop taking Isabelle and consult your doctor immediately.

Cancer and the Pill

Breast cancer has been diagnosed slightly more often in women who take the Pill than in women of the same age who do not take the Pill. This slight increase in the numbers of breast cancer diagnoses gradually disappears during the course of the 10 years after women stop taking the Pill.

It is not known whether the difference is caused by the Pill. It may be that these women were examined more often, so that the breast cancer was noticed earlier.

In rare cases benign liver tumours and, even more rarely, malignant liver tumours have been reported in users of the Pill. These tumours may lead to internal bleeding. Contact your doctor immediately if you have severe pain in your abdomen.

Cervical cancer has been reported to occur more often in women who have been using the Pill for a long time.

This finding may not be caused by the Pill, but may be related to sexual behaviour and other factors.

AFTER TAKING ISABELLE

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they may not keep well.

Keep your tablets in a cool dry place where the temperature stays below 25°C.

Do not store it or any other medicine in the bathroom, near a sink, or on a windowsill.

Do not leave it in the car.

Heat and damp can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Return any unused medicine to your pharmacist.

PRODUCT DESCRIPTION

What it looks like

Isabelle comes in a box containing either 1, 2, 3 or 4 blister packs. Each blister pack contains 21 yellow coloured, round biconvex, film coated active tablets, debossed with "DR2" on one side and plain on the other side and 7 white to off white coloured, round, biconvex, film coated inactive tablets, plain on both sides.

Ingredients

Each Isabelle yellow active tablet contains:

Active ingredients:

- 30 microgram of ethinyloestradiol
- 3 milligram of drospirenone.

Inactive ingredients:

- lactose
- maize starch
- pregelatinised maize starch
- magnesium stearate
- Opadry Complete Film Coating System 03F82726 Yellow (containing hypromellose, titanium dioxide, macrogol 6000, purified talc and iron oxide yellow)

Each white inactive tablet contains:

- lactose
- maize starch
- pregelatinised maize starch
- magnesium stearate
- Opadry Complete Film Coating System 03B28796 White (containing hypromellose, titanium dioxide and macrogol 400)

Supplier

Lupin Australia Pty Ltd
Skipping Girl Place, Suite 6,
651 Victoria Street, Abbotsford,
Victoria 3067
Australia

Distributor

Generic Health Pty Ltd
Suite 1, 1175 Toorak Road,
Camberwell VIC 3124
Australia

***Australian Registration
Number***

AUST R 180561

Date of Preparation

January 2012

Summary of advice if you missed a tablet more than 12 hours ago.

Before missing your tablet, did you take the yellow active tablets for the previous 7 days?	No	Did you have sex in the 7 days before missing the tablet? →	No Take the tablet missed AND use extra barrier precaution for 7 days Yes See your Doctor or Pharmacist for advice
	Yes	Does your pack still have 7 active yellow tablets in a row to follow? →	No Take the tablet you missed AND complete taking the yellow active tablets. Skip the white inactive tablets Yes Take the tablet you missed AND complete the pack as normal