

NorLevo™ levonorgestrel 750 micrograms

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?

One treatment consists of two tablets; each tablet contains 750 milligrams of levonorgestrel. The two tablets must be taken at the same time – 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 re-

search 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 done 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 instances of rape.

Does NorLevo produce side effects?

Like all medication, NorLevo can produce side effects. These side effects were 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 because of risk for 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 effects 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 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 these 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 two new tablets 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 action 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. You can find the phone numbers in the Pink Pages (Rosa Sidorna) of the phone book.

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. How much time do I have to take NorLevo after having unprotected sex?

Take NorLevo as soon as possible 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, Somalian, 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 observe silence. Carefully read the information that comes with the package.

NorLevo® is a registered trademark of Nycomed in Sweden and in other countries.

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