

ESTINOR TABLET

Levonorgestrel (0.75mg)

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What ESTINOR is used for

ESTINOR is an emergency contraceptive only. It is not intended as a regular method of contraception.

How ESTINOR works

ESTINOR contain the active ingredient of levonorgestrel. Levonorgestrel reduces the chance of pregnancy by inhibiting the ovulation.

Before you use ESTINOR

- When you must not take it

Do not take ESTINOR Tablet if you have an allergy to:

- Levonorgestrel, the active ingredient in ESTINOR Tablet
- any of the ingredients listed at the end of this leaflet.

Do not take this medicine:

- if you are pregnant.
- if you suffer or have suffered from a severe liver disease
- if you have breast cancer

- Before you start to use it

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

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

- you have diabetes
- you have high blood pressure
- you have liver disease or a liver tumour
- you have or have had yellowish-brown pigmentation patches on the skin, particularly of the face; if so, avoid too much exposure to the sun or ultraviolet radiation

If any of these conditions apply to you it may not be suitable for you to take ESTINOR

- you have a disease of your gastro-intestinal tract (such as Crohn's disease) that interferes with the digestion and absorption of your food;
- you are vomiting or have severe diarrhoea

- 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.

If you have used any of the medicines below during the last 4 weeks, Estinor may work less effectively. Your doctor may prescribe another type of (non-hormonal) emergency contraceptive, i.e a copper intrauterine device (Cu-IUD). If this is not an option for you or if you are unable to see your doctor promptly, you can take a double dose of Estinor. Some medicines and ESTINOR Tablet may interfere with each other.

These include:

- Medicines used to treat epilepsy (for example phenobarbitone, phenytoin, barbiturates, primidone, and carbamazepine).
- Medicines used to treat tuberculosis (for example, rifampicin, rifabutin).
- Treatment for HIV infection (ritonavir and efavirenz).
- Medicines used to treat fungal infections (e.g griseofulvin)
- Herbal remedies containing St John's wort (*Hypericum perforatum*)

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

Consult your doctor as soon as possible after taking the tablets for further advice on a reliable form of regular contraception and to exclude pregnancy.

How to use ESTINOR

- How much to use

In case of one or once repeated intercourse, one tablet should be taken after the first intercourse.

In case intercourse is repeated several times, one tablet should be taken after the first intercourse and second tablet to be taken after 8 hours. In this case, 2 tablets are taken at one occasion.

- When to use it

Take ESTINOR Tablet as prescribed.

The sooner that you take the tablet, the more effective it is likely to be.

- How long to use it

No more than 4 tablets can be taken monthly.

- If you forget to use it

The efficacy of ESTINOR Tablet could be reduced if you forget to take a tablet as directed.

Ask your doctor or pharmacist for advice if you forget to take the second tablet.

- If you use too much (overdose)

Immediately telephone your doctor for advice or go to Accident and Emergency (Casualty) at your nearest hospital if you think that you or anyone else may have taken too much ESTINOR Tablet.

Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

Some of the overdose symptoms include nausea and withdrawal bleeding.

While you are using it

- Things you must do

If you do not get your period within 3 weeks of taking the tablets you must see your doctor, as you may be pregnant.

- Things you must not do

Do not give ESTINOR Tablet to anyone else.

- Things to be careful of

Be careful driving or operating machinery until you know how ESTINOR affects you.

Side effects

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.

Some of the side effects that have been reported in users of ESTINOR Tablet are:

- nausea
- vomiting
- tiredness
- stomach pain
- diarrhoea
- dizziness
- tender breasts

These are some of the common side effects.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell. Other side effects not listed above may also occur in some people.

You may report any side effects or adverse drug reactions directly to The National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public->Reporting Medicinal Problems/ Side Effects/ AEFI/ Vaccine Safety)

Storage and Disposal of ESTINOR

- Storage

Keep the medicine in a place where the temperature stays below 30°C. Protect from light.

Do not store ESTINOR Tablet or any other medicine in the bathroom or near a sink.

Do not leave it in the car or on window sills.

Heat and dampness can destroy some medicines.

Keep ESTINOR Tablet where children cannot reach it.

- Disposal

If your doctor tells you to stop taking ESTINOR Tablet or the tablets have passed their expiry date, ask your pharmacist what to do with any that are left over.

Product Description

- What it looks like

ESTINOR TABLET 0.75mg is a round green tablet, 7mm in diameter with marking 'DUO 861' and 'flower'.

- Ingredients

Active ingredient

- levonorgestrel

Inactive ingredients:

- Promigel
- Blue colouring
- Lactose
- Aerosil
- Yellow colouring
- Cornstarch
- Magnesium stearate

- MAL number

MAL19900045AZ

Product Registration Holder and Manufacturer

DUOPHARMA (M) SDN. BHD. (42491-M)
Lot. 2599, Jalan Seruling 59, Kawasan 3, Taman Klang Jaya, 41200 Klang, Selangor Darul Ehsan, Malaysia.

Date of Revision

15/05/2018