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**Lydia™
postpil**

Emergency Contraception
Levonorgestrel Tablets 1.5 mg

Thank you for choosing Lydia Postpil Emergency Contraceptive Pill. Lydia Postpil is manufactured in line with the highest international quality standards and complies with standards set by the World Health Organisation.

This brochure contains useful information and instructions.

Formulation
1 tablet contains : Levonorgestrel Ph. Eur. 1.5 mg.

Drug Description
Levonorgestrel (Lydia Postpil) tablets are emergency contraceptive Pill.

Indications:
Lydia Postpil is an emergency contraceptive for prevention of pregnancy following unprotected intercourse or if you were forced into having sex (rape), or after a known or suspected contraceptive failure such as: when a condom breaks, or you missed taking your regular contraceptive Pill or injections or you did not abstain from sex during your fertile period etc. Lydia Postpil can be used by women of all reproductive ages including adolescents.

Mechanism of Action:
Lydia Postpil mainly acts by preventing the release of an egg (ovulation) or by stopping the egg and sperm from meeting (fertilization), through altering tubal transport of sperm and egg. In addition, it may inhibit implantation by altering the endometrium but it is not effective once the process of implantation has begun.

Contra-indications:
Lydia Postpil is contra-indicated for use in the case of known or suspected pregnancy or if you are hypersensitive to Levonorgestrel.

Dosage and Administration
Take the one tablet of Lydia Postpil orally to prevent pregnancy as soon as possible, not later than 72 hours (3 days) after unprotected sex, rape, or suspected contraceptive failure. The earlier you take Lydia Postpil, the more effective it will be. If you vomit within two hours of taking the tablets, you should repeat the dose. It can be used at anytime during your menstrual cycle.

What happens if you have unprotected intercourse more than once in 72 hours?
Emergency contraceptives like Lydia Postpil prevent pregnancy by delaying ovulation and are most effective within the first 24 hours (1 day) of unprotected sex. As a result, if you have taken Lydia Postpil and have unprotected sex again after 24 hours, you may be at risk of pregnancy because active sperm could be waiting in the fallopian tubes when the egg is eventually released, therefore another dose of Lydia Postpil can be taken to ensure prevention of pregnancy. Please note that even if multiple acts of unprotected sex occur in a day, Lydia Postpil should not be taken more than once within 24 hours (except when vomiting within 2 hours of taking the tablets). Subsequently, it is recommended you begin a regular short or long term method of contraception the day after taking Lydia Postpil and you should consult a healthcare professional for advice on choosing a method most suitable to you.

What happens if you take Lydia Postpil more than once in your cycle?
Repeated use of Lydia Postpil or emergency contraceptives poses no known health risks. It is medically safe. You may have menstrual changes such as shorter/longer cycles and have a heavier/lighter period than normal and other side effects mentioned in this leaflet should be anticipated. However, it is recommended that you use a regular, ongoing method of contraception as it is the 'most effective' way to prevent pregnancy. You should consult a healthcare professional for advice on choosing a regular method most suitable to your needs.

How safe is Lydia Postpil?
Extensive medical research and many years of monitoring have shown that emergency contraceptives such as Lydia Postpil are safe. They do not affect fertility or increase the risk of cancer or ectopic pregnancy or cause long term side effects. However, like

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all drugs they may have side effects, but these are usually minor temporary side effects such as irregular menstruation, nausea etc. (Read more about side effects below). Emergency contraception is a safe and important option for preventing unwanted pregnancies, but is NOT a regular contraceptive method.

Side Effects
The following side effects may occur after taking emergency contraceptives such as Lydia Postpil: Menstrual changes e.g. heavier or lighter bleeding; Nausea, Lower abdominal pain, Fatigue, Headache, Dizziness, Breast tenderness, Delay of menses (>7 days). These symptoms may be treated symptomatically and usually resolve within a few days.

Precautions:
Effects on Menses: Some women may experience spotting a few days after taking Lydia Postpil but this is not your period and menstrual bleeding may occur earlier or later than expected by a few days. If your menses is delayed beyond one week of expected date, consider the possibility of pregnancy.

Existing Pregnancy:
Lydia Postpil is NOT effective in terminating an existing pregnancy. It is NOT an abortion tablet.

Ectopic Pregnancy:
A history of ectopic pregnancy is not a contra-indication to use of this emergency contraceptive method. If you develop severe lower abdominal pain or still become pregnant after taking the tablet, you may have an ectopic pregnancy, and should seek immediate medical check-up.

STI/HIV:
Lydia Postpil does NOT protect against HIV infection or other sexually transmitted infections (STIs).

Drug Interactions
Drugs or herbal products that induce enzymes such as CYP3A4, may decrease the effectiveness of progestin-only emergency contraceptives such as Lydia Postpil. Such drugs include: Barbiturates, Carbamazepine, Cyclosporin, Griseofulvin, Oxcarbazepine, Phenytoin, Rifampin, Ritonavir, Rifampicin, St. John's wort, Topiramate etc.

Consult a qualified medical practitioner or DKT's Pharmacovigilance department at Lydia care center.

Prescription
Emergency Contraceptives should be dispensed with a prescription. Please consult your doctor.

Storage
Keep out of the reach of children. Store at temperature not exceeding 30°C.

Presentation/Package:
Each carton contains a single blister with one tablet of Lydia Postpil (Levonorgestrel Tablets 1.5 mg) along with a package insert.

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DID YOU KNOW... That after using Lydia Postpil, you should start a short term method of contraception such as Lydia Daily Oral Contraceptive Pill or a long term method such as Lydia IUD.

Consult your Doctor, Pharmacist, Nurse or Other family planning provider for advice.



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