Introducing levofem®

Daily Contraceptive Pills that prevent pregnancy

- Safe
- Low dose
- Highly reliable
- Minimal side effects
- Completely reversible
- You can get pregnant as soon as you stop the pill

levofem®...No surprises
LEVOFEM consists of 21 active pills containing two female sex hormones, a type of oestrogen (Ethinylestradiol) and progestogen (Levonorgestrel). The primary mechanism of action is inhibition of ovulation and other mechanisms such as, changing the thickness of cervical mucus (which makes it difficult for sperm to enter the uterus) and the endometrium (which reduces the likelihood of implantation). LEVOFEM also contains 7 ferrous fumarate pills which work as a blood-forming or repair ingredient by stimulating the formation of red blood cells (erythropoesis) and also helps the user to count 7 days before starting the next pack. LEVOFEM is 99% effective if used correctly.

About this product:

HOW TO START LEVOFEM: There are 2 ways to start,

A Your client can start any day she wants, if you have confirmed that she is not already pregnant (do a pregnancy test) and she should use a condom for the first 7 days.

OR

B She can start on the first day of her menstrual period.

Instructions for missed or forgotten pills:

• A missed pill is a dose of active (yellow) pill that is not taken for 24 hours or more.

• If your client forgets to take 1 pill, she should take the missed dose as soon as she remembers, and take the next pill at the normal time (or she can take both pills at the same time). Subsequently, she can continue taking her pills daily.

• However, if she misses 2 or more pills, then she should take 2 pills as soon as she remembers. In addition, she should continue taking her pills daily and during the next 7 days, she must either abstain from sex or use an additional method of contraception such as condoms or an emergency contraceptive pill. Also, when she has finished the active (yellow) pills in the pack, she should discard the 7 inactive (white) pills and start a new pack of LEVOFEM immediately.

• If she misses any inactive (white) pill, she should discard each missed pill, so she will know when to start a new pack of LEVOFEM.

SIDE EFFECTS:

Some women may experience side effects such as: headaches, gastric upsets, nausea, vomiting, impaired appetite, breast tenderness, breast enlargement, slight changes in body weight or libido, depressive moods, spotting between periods.

RECOMMENDATIONS FOR MANAGING SIDE EFFECTS:

Advice client that these side effects usually disappear after the first 2 to 3 months of using LEVOFEM.

Advice client that taking the pills after meals and at night, helps eliminate nausea, vomiting or gastric upset.

Reassure client that any additional weight gain or loss as a result of pills is not usually significant.

Eliminate other causes of headache e.g hunger pangs. Advice client that taking OTC analgesics like Paracetamol helps with headaches.

For more information, please refer to product leaflet.