

Your  
guide  
to taking

zoely<sup>®</sup>

norgestrol acetate 2.5 mg/estradiol 1.5 mg



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This booklet describes how Zoely works, what you can expect when you're taking it, and what you should be aware of. It also answers some frequently asked questions about this kind of contraception. If you would like more information about Zoely, you can also read the Consumer Medicine Information leaflet located inside your Zoely carton (also available from your pharmacist or see page 13) or talk to your doctor.

## What is Zoely?

Zoely is a form of oral contraception, or birth control pill. Combining two hormones in a single tablet, it is used to prevent unwanted pregnancy.<sup>1</sup>



## What hormones are in Zoely?<sup>1</sup>

### E2 17 $\beta$ -estradiol

The estrogen Zoely contains is identical to the one made by your ovaries during a menstrual cycle.

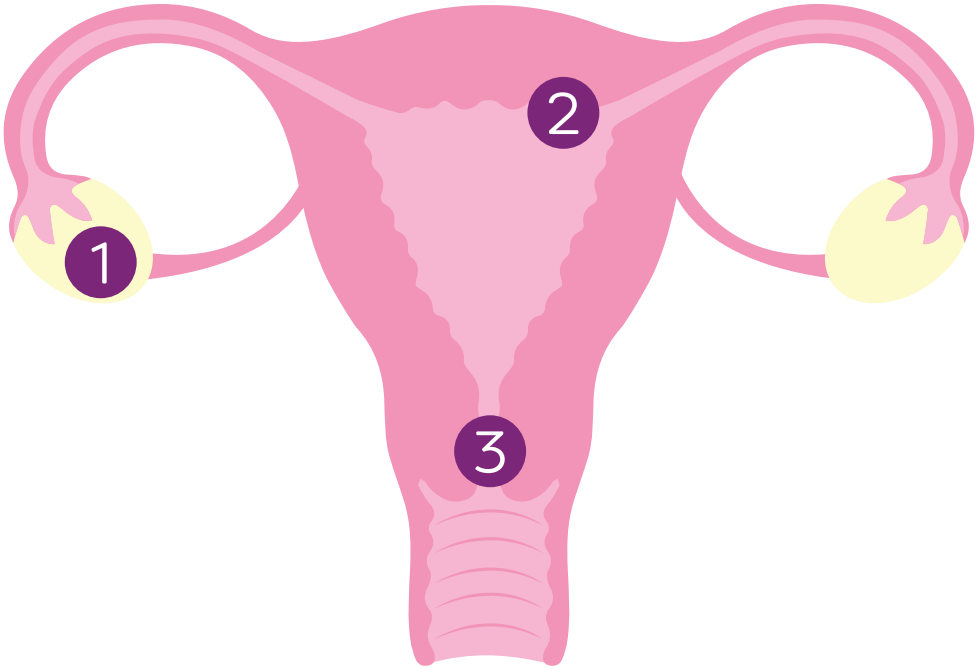
### NOMAC Norgestrel acetate

This man-made hormone is based on progesterone, which is another female hormone your body makes during a menstrual cycle.

# How does Zoely work?

The hormones in Zoely have three main effects<sup>1</sup>:

1	2	3
Zoely inhibits the egg release by stopping it maturing	Zoely changes the lining of the uterus making it less suitable for implantation	Zoely changes the cervical mucus consistency making it difficult for sperm to reach the egg



# How do I take Zoely?

Inside your box of Zoely, you'll find a packet which looks like this →



You'll notice the 28 tablets don't all look the same. Here's why:

Days 1-24	Days 25-28
These 24 white tablets are <b>active</b> . They each contain 2.5 mg norgestrel acetate and 1.5 mg estradiol. <sup>1</sup>	These 4 yellow tablets are placebo pills and are <b>not active</b> . This is to allow for a withdrawal bleed. <sup>1</sup>

When it comes to taking Zoely, there are **4** important points to remember<sup>1</sup>:

- 1.** Choose from the 7 stickers the one that begins with your starting day e.g. Wednesday. Stick it on the strip, just above the ZOELY® 4 row of white active tablets where it reads 'Place day label here'. This allows you to check whether you took your daily tablet.

**2.** Follow the direction of the arrows on the pack taking the white active tablets first followed by the yellow inactive tablets.
- 3.** Take one tablet each day at about the same time, with some liquid if necessary. Whether you take Zoely before or after eating is up to you.

**4.** Start taking your next pack immediately after the last yellow inactive tablet, even if your period hasn't finished. This means you will always start new packs on the same day of the week.

# What if I forget to take Zoely?

Make sure you understand what to do in case you forget or miss a pill.

There are simple steps to follow, which depend on:

- how late you are taking your pill
- what colour pill you missed
- how many days you're into the cycle
- how many pills you've missed

If you are more than 24 hours late taking one or more of the white pills, you may not be fully protected against pregnancy. follow the schedule on page 7 and consult with your doctor if you are unsure.<sup>1</sup>

If you miss one of the yellow pills you will still be protected against pregnancy. Carry on taking the rest of the yellow pills as normal.<sup>1</sup>

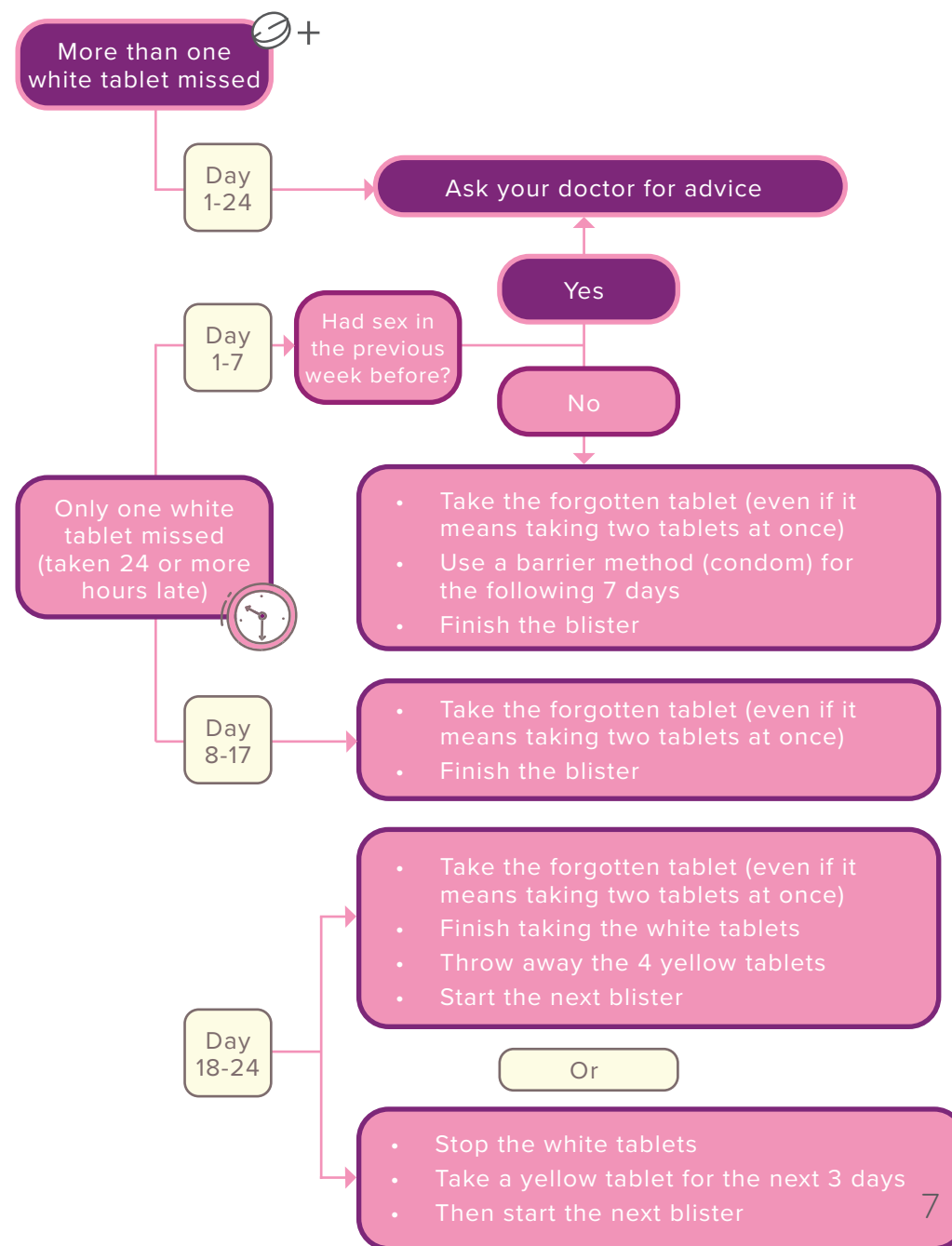
Follow our handy schedule on the next page for the specifics<sup>1</sup>



## Did you know?

Although periods are an important part of a normal menstrual cycle, your body doesn't need to have a withdrawal bleed when you're taking the pill. You can safely skip the yellow pills in your pack if you don't want a withdrawal bleed!<sup>1</sup>

## If you are 24 or more hours late<sup>1</sup>...





# How will Zoely affect my periods?

When you are taking Zoely, your monthly period is more accurately called a **withdrawal bleed**. It generally happens near the end of each pill packet.

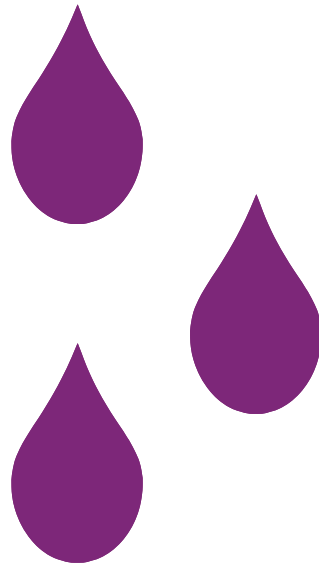
You may also have some bleeding between withdrawal bleeds, called 'spotting' or 'breakthrough bleeding'. This usually stops after about 3 months of taking Zoely, when your body has adjusted to it.<sup>1</sup>

Everyone has a different experience of withdrawal bleeding on Zoely. Some have fairly light bleeds, others a little heavier, and sometimes there's not much bleeding at all.<sup>1</sup>

- If you're ever worried about bleeding that continues or becomes too heavy, please **speak with your doctor**.

## Did you know?

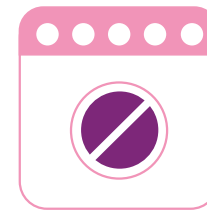
The average woman in contemporary western society has about 450 periods in a lifetime! This is a lot more than women had before the pill was introduced as they were either pregnant or breastfeeding.



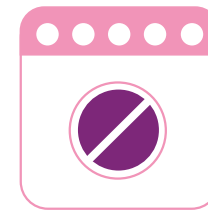
# What happens if I don't have a bleed?

As long as you're following the instructions correctly, missing a withdrawal bleed is unlikely to mean you're pregnant. However, if you miss a withdrawal bleed for two months in a row, you could be pregnant.

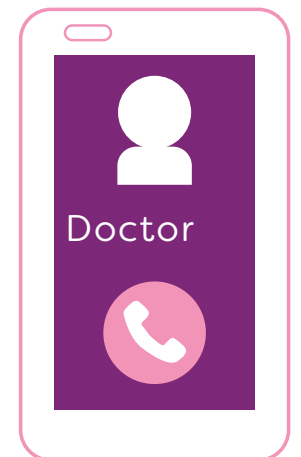
If this happens, you should stop taking further tablets and see your doctor, because oral contraceptives like Zoely must not be used when you're pregnant. Until this possibility is ruled out, use a non-hormonal contraceptive, such as condoms, instead.<sup>1</sup>



Missed bleed



Missed bleed



# Does **Zoely** have any side effects?

Like all medicines, Zoely can have side effects. Sometimes they are serious, most of the time they are not.

**Speak with your doctor if you notice any of the following and they bother you<sup>\*1</sup>:**

- Changes in bleeding patterns, e.g. bleeding or spotting between withdrawal bleeds, missed withdrawal bleeds (if you have not taken Zoely as directed, check whether you are pregnant)
- Painful periods
- Stomach ache, nausea, vomiting
- Breast tenderness
- Changes in sex drive
- Mood changes, including depression
- Headache, including migraines
- Weight change (increase or decrease) or changes in appetite

<sup>\*1</sup>This is not a complete list of possible side effects. Talk to your doctor if you notice anything else that is making you feel unwell. If you would like to read more, see page 13 for how to access the Consumer Medicine Information.

Although rare, all hormone-based contraception increases the risk of a blood clot (called thrombosis) in the arteries or veins. The chance of developing a blood clot while on Zoely is lower than the chance of thrombosis during or after pregnancy.

**See a doctor straight away or go to Emergency at your nearest hospital if you experience any of the following rare but potentially serious side effects<sup>2</sup>:**

Unilateral swelling of the leg and/or foot or along a vein in the leg

Pain or tenderness in the leg which may be felt only when standing or walking

Increased warmth in the affected leg; red or discoloured skin on the leg

Sudden onset of unexplained shortness of breath or rapid breathing

This is not a complete list of potentially serious side effects. Other rare side effects may also need urgent medical attention. If you would like to read more, see page 13 for how to access the Consumer Medicine Information.

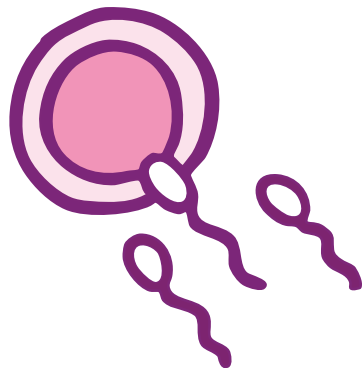
# How do I stop taking Zoely?

You can stop taking Zoely at any time.

If you don't want to become pregnant, make sure you're comfortable using other contraceptive methods like condoms, or ask your doctor for advice.<sup>1</sup>

If you do want to have a baby, it's best to wait until having a natural period before trying to get pregnant. That way, it'll be easier to work out when the baby is due if you do become pregnant straight away.<sup>1</sup>

Whenever you feel ready to return to Zoely, after having a baby for instance, just ask your doctor.<sup>1</sup>



# For more information

The Consumer Medicine Information (CMI) leaflet answers some common questions about Zoely. You can access it here:



Information in this booklet and in the CMI does not take the place of talking to your doctor or pharmacist. If you have any questions about Zoely, please talk to your doctor or pharmacist.









nomegestrol acetate 2.5 mg/estradiol 1.5 mg

# Information for women prescribed Zoely

**References:** 1. Zoely Consumer Medicine Information, March 2021. 2. Zoely Product Information, March 2021

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