

You've been prescribed ^{Pr}NEXTSTELLIS™, here's what's next...



Keep reading to learn about:

- How NEXTSTELLIS works
- How to correctly take NEXTSTELLIS
- Other relevant information

NEXTSTELLIS is used to prevent pregnancy in women who:

- Are 16 to 50 years of age, and
- Have had their first menstrual period (menarche).



So you've been prescribed NEXTSTELLIS...

What is NEXTSTELLIS?



NEXTSTELLIS is a birth control pill that contains two hormones: 15 mg estetrol monohydrate and 3 mg drospirenone.

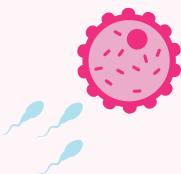
How does NEXTSTELLIS work?

Birth control pills work in two ways to prevent pregnancy:



By stopping the monthly release of an egg by the ovaries, so that there will be no eggs to fertilize.

By changing the mucus produced by the cervix, which slows the movement of the sperm through the mucus and the uterus.



NEXTSTELLIS is considered a combination oral contraceptive because it contains two female sex hormones: estetrol monohydrate and drospirenone. The hormone estetrol monohydrate in NEXTSTELLIS is made from a plant source.

How effective was NEXTSTELLIS shown to be?

- Two clinical trials showed that about 1 out of 100 women may get pregnant during the first year they use NEXTSTELLIS, with this chance increasing if NEXTSTELLIS is not used correctly.
- It is not known how well NEXTSTELLIS will prevent pregnancy in women who have a Body Mass Index (BMI) above 35 kg/m² since they were not studied in the clinical trials.

Remember that for NEXTSTELLIS to work effectively, you have to take it at the same time every day, as discussed with your healthcare professional.

How to take NEXTSTELLIS

For NEXTSTELLIS to work effectively, you need to make sure you take it at the same time every day, as discussed with your healthcare professional.

1

When you were prescribed NEXTSTELLIS, you and your healthcare professional would have decided which day is best for you to start taking NEXTSTELLIS:

- Day 1 of your period (**Day 1 start**) OR
- The first Sunday after your period begins (**Sunday start**)

If you start on the first Sunday after your period begins, then **use an extra barrier method of birth control (e.g. condoms) for the first 7 days of your first cycle of NEXTSTELLIS.**

2

Take one pill each day at about the same time (with or without food). **Pick a time of day that will be easy to remember.**

Pro tip: To make sure you don't miss any pills, associate it with something you do on the daily, like having breakfast or brushing your teeth. You can even set an alarm on your phone to remind you!

3

Take NEXTSTELLIS according to this schedule:

- Always begin a pack by a pink tablet. Take one pink tablet each day for 24 days in a row – **if you miss pink pills, you could get pregnant.**
- Once you've finished the pink tablets, take one white tablet each day for 4 days in row.
- **Do NOT miss any days**
- Start the next pack on the day after your last white tablet. Take one tablet every day. Do not wait any days between packs.

Follow this schedule with each pack of NEXTSTELLIS.

!

Important things to know while you're taking NEXTSTELLIS:

- Do not skip any days. There is no need to stop taking NEXTSTELLIS for a rest period.
- Do not skip tablets even if you are spotting or bleeding between monthly periods or feel sick to your stomach.
- Do not skip tablets even if you do not have sex very often.
- You might notice bleeding 2 to 4 days after the last pink tablet. The bleeding might not finish before you start the next pack. This is normal. If this happens, do not stop taking NEXTSTELLIS. These symptoms will usually go away. If they remain for a long time, check with your healthcare professional.
- If you vomit within 4 hours after taking a pink tablet, **take a new tablet as soon as possible.** A new tablet should be taken within 24 hours of the usual dose time. Take the next tablet at the usual dose time. If it has been more than 24 hours since the last tablet was taken, see the instructions on the following page on what to do when you've missed a dose.

How to store and dispose of NEXTSTELLIS



NEXTSTELLIS should be stored at room temperature (15–30°C), in its original packaging and out of reach and sight of children.

To help protect the environment, it's important that you do not throw away any drugs via wastewater or household waste. Ask your pharmacist how to throw away drugs you no longer use.

So you've missed a pill...now what?

It's important to understand that if you miss pink pills, you could get pregnant. The more pills you miss, the more likely you are to get pregnant, especially if you miss taking the first few or the last few pink pills in your pack.

Missed 1 pink pill?



1. Take the missed pill as soon as possible and take the next pill at the usual time, even if it means you might take two pills on the same day.
2. Keep taking one pill a day until the pack is finished.

Missed 2 or more pink pills in a row (from Day 1 to Day 17)?



1. Take the last missed pill as soon as possible and take the next pill at the usual time, even if it means you might take two pills on the same day.
2. Keep taking one pill a day until the pack is finished (one or more missed pill(s) will remain in the blister pack).
3. **Use a back-up barrier method of birth control (such as condom) if you have sex in the 7 days after you miss the pills.**

You may be pregnant if:

- You missed pills during Day 1 to Day 7, and
- You had unprotected sex during the 7 days before the first missed pill. Tell your healthcare professional right away.

If you miss one or more pink pills and do not have a period that month, you may be pregnant. If this happens, contact your healthcare professional.

Missed 2 or more pink pills in a row (from Day 18 to Day 24)?



1. Take the last missed pill as soon as possible and take the next pill at the usual time. This means that you might take two pills on the same day.
2. **Sunday start**
Keep taking one pill a day until the next Sunday and then discard the pack with the missed pills and start a new pack right away.
Day 1 start
Keep taking one pill a day until the active pink pills are used up and then discard the four white pills and start a new pack right away.
3. **Use a back-up barrier method of birth control (such as a condom) until you have taken 7 pink pills in a row.**

You may not have your period this month.

If you miss two periods in a row, you might be pregnant. Call your healthcare professional right away.

Missed 1 or more white pills?



Skip the missed pill days and keep taking one pill a day until the pack is finished. No extra birth control method is needed.

Unsure about the number or the colour of pills missed?

- Use a barrier method of birth control (such as a condom) until you have taken the pink pills for 7 days.

Notice some bleeding?

- Missing pills can cause you to have some spotting or light bleeding, even if you take the missed pills.

What should you have on hand?

- An extra full pack of pills;
- Back-up methods of birth control. These are types that do not include hormones, like latex or polyurethane condoms and spermicidal foam or gel. You will need back-up birth control if you miss pills and in some other situations. Always talk to your healthcare professional if you are not sure whether you need to use back-up birth control.

Serious warnings and precautions

- Cigarette smoking increases the risk of serious adverse effects on the heart and blood vessels. The risk increases with age, particularly in women over 35 years of age. The risk also increases with the number of cigarettes smoked. For this reason, women who smoke and are over 35 years of age should not use NEXTSTELLIS.
- Birth control pills DO NOT PROTECT against sexually transmitted infections (STIs), including HIV/AIDS. For protection against STIs, it is advisable to use latex or polyurethane condoms AND take your birth control pills.

What are the possible side effects of NEXTSTELLIS?

Below are side effects you may experience while taking NEXTSTELLIS. While you're on NEXTSTELLIS, pay attention to your body and how you feel – if you experience any side effects not listed here, talk to your healthcare professional.

- Headache
- Acne
- Skin colour changes, red skin lumps
- Burning, prickling skin feeling
- Excess hair on face, chest, abdomen or legs
- Breast colour change, pain, swelling or tenderness
- Decreased libido
- Weight change
- Nausea and vomiting
- Abdominal or back pain
- Sleep disorder like insomnia or somnolence
- Dizziness
- Hot flush
- Constipation
- Diarrhea
- Black or bloody stools
- Heart burn
- Urinary tract infection
- Flu-like symptoms
- Respiratory tract infections including bronchitis, runny nose, stuffy nose, sore throat
- Dry eyes
- Hair loss
- Bruising
- Bladder spasm
- High or low blood pressure

DISCLAIMER:

This is not a complete list of side effects. For any unexpected side effects, talk to your healthcare professional. **Please refer to the Patient Medication Information section of the NEXTSTELLIS Product Monograph for more information.**

Other warnings you should know about

When you use birth control that contains hormones, you're more likely to develop blood clots – the most common serious side effect of birth control pills. This risk is highest during the first year of hormonal birth control use. The risk is also high if a woman restarts the same or new hormonal birth control. Clots can occur in many areas of the body and can lead to blindness or impaired vision as well as damage to or loss of a limb and death.

While you're on NEXTSTELLIS, if you have any of the below symptoms, contact your healthcare professional right away since these are signs of blood clots.

- Sharp pain in your chest
- Coughing up blood
- Sudden shortness of breath
- Crushing chest pain or chest heaviness
- Irregular heartbeat
- Sudden severe or worsening headache
- Feeling full
- Vomiting
- Dizziness, trouble walking
- Fainting, seizures
- Anxiety, confusion
- Changes in vision
- Changes in speech
- Pain and/or swelling in your calf
- Weakness or numbness in your face, arm or leg
- Sudden pain, swelling and slight blue or red discoloration of an arm or leg
- Discomfort radiating to your back, jaw, throat or stomach

Using birth control pills may increase the risk of certain cancers including cancer of the breast, cervix and liver. While you are taking NEXTSTELLIS, check your breasts often. See your healthcare professional if you notice any changes, such as:

- Dimpling or sinking of the skin,
- Changes in the nipple, or
- Any lumps you can see or feel.

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

DISCLAIMER:

This is not a complete list of warnings and precautions. **Please refer to the Patient Medication Information section of the NEXTSTELLIS Product Monograph for more information.**

Your journey with NEXTSTELLIS doesn't end here. For access to resources and more information, scan the QR code below to visit **NEXTSTELLIS.ca**



Type the NEXTSTELLIS DIN,
02513218, to enter the site!



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