

You've been prescribed **NEXTSTELLIS**[®] What's next?

Keep reading to learn:

How NEXTSTELLIS works

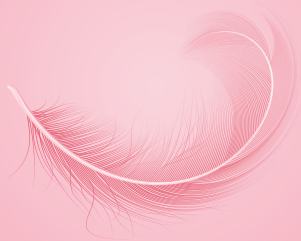
How to take NEXTSTELLIS

Other important information

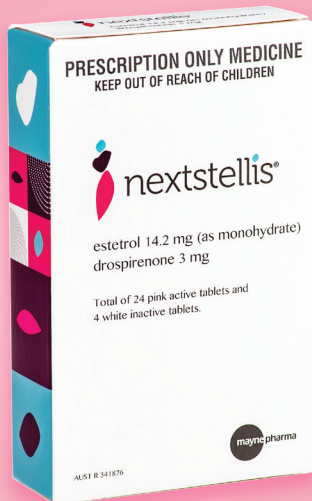
For more
information



 **nextstellis**[®]
(estetrol/drospirenone)



What is NEXTSTELLIS?	1
How does NEXTSTELLIS work?	1-2
How to take NEXTSTELLIS?	2-3
What if I miss a pill?	4-5
Frequently Asked Questions	6-8
Safety information	9



What is NEXTSTELLIS?

NEXTSTELLIS is a prescription combination oral contraceptive pill that contains two hormones: estetrol (es-tet-rol) (E4) monohydrate (mon-oh-hi-drate) and drospirenone (dro-SPEAR-eknown).



NEXTSTELLIS is used for the prevention of pregnancy.



NEXTSTELLIS does not protect against HIV infections (AIDS) and other sexually transmitted diseases.

▼ This medicine is new and is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may experience to your doctor, or directly at tga.gov.au/reporting-problems

How does NEXTSTELLIS work?

NEXTSTELLIS combines 2 hormones—a type of estrogen called estetrol (E4) and a progestin called drospirenone.



Typically, levels of these hormones rise and fall during the menstrual cycle. NEXTSTELLIS keeps the levels of these hormones constant, which blocks the hormonal changes that signal the body to release an egg (ovulate). Without ovulation, it is not possible to get pregnant.

In 18-35 year olds,
NEXTSTELLIS
 was as up to
99.6%
effective¹
 at preventing pregnancy
 when taken every day
 as prescribed.

What makes NEXTSTELLIS different from other contraceptive pills?

NEXTSTELLIS is the only contraceptive pill made with a type of estrogen called estetrol (E4).

- Estetrol (E4) is found naturally in the body only during pregnancy.
- The majority of contraceptive pills contain ethinyl estradiol, a synthetic form of estrogen.²
- The E4 in NEXTSTELLIS originates from a plant source, to match the body's naturally occurring E4.

How to take NEXTSTELLIS

1. Take your first pink pill from the purple section on the first day of your period.
2. If you start NEXTSTELLIS on any day other than the first day of your period, use back-up non-hormonal contraception (such as condoms) until you have taken 1 active (pink) pill every day for 7 days.
3. Continue taking the pills in order (following the arrows on the blister pack) every day, including the white pills at the end of your pack.

Switching from another contraceptive to NEXTSTELLIS?

Make sure you know which are active (hormonal) pills and which are inactive from your previous contraception.

From another contraceptive pill: start an active pink NEXTSTELLIS pill the day after your last active pill from your previous contraceptive.

From an IUD, implant, patch, or vaginal ring: start NEXTSTELLIS the same day of removal.

From an injection: start NEXTSTELLIS the same day you are due for your next injection.

From emergency contraception (the morning after pill): please talk with your doctor as the instructions for starting NEXTSTELLIS will vary depending on the emergency pill used.

- If your IUD is removed on any day other than the first day of your period, use an alternative contraceptive method (such as condoms) for 7 days.
- If you have not taken an active pill every day for 7 days, or you are switching from a mini pill you will need to use an alternative contraceptive method (such as condoms) for 7 days.



Tip:

Take your pills at the same time every day. Set an alarm on your phone to help you remember.

What if I miss a pill?

If it has been less than 24 hours, take the pill immediately as it will still be effective.
If more than 24 hours have passed, please see below.

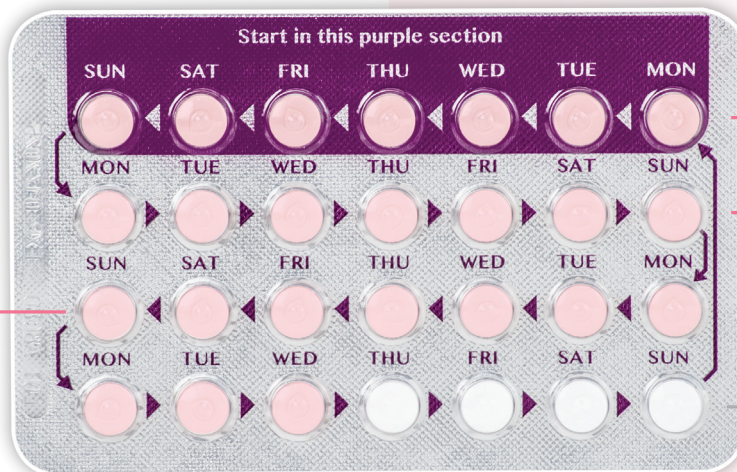
Each blister has 24 pink (active) pills and 4 white (inactive) pills.

Missed 1 of the 24 pink pills in any week?

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. **Keep taking one pill a day until the pack is finished.**

Missed 2 or more pink pills in week 3?

Take the most recently missed pill straight away, then take the next pill at the usual time, even if it means you might take two pills on the same day. Discard the other missed pink pill(s). Finish the remaining pink active pills until you reach the white inactive pills, then start a new pack the next day. **Use a non-hormonal contraceptive (such as condoms) for 7 days.**



Missed 2 or more pink pills in week 1 or 2?

Take the most recently missed pill straight away, then take the next pill at the usual time, even if it means you might take two pills on the same day. Discard the other missed pink pills. **Use a non-hormonal contraceptive (such as condoms) for 7 days.**

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 contraception is needed.

Unsure about the number or the colour of pills missed?

- ◆ Non-hormonal contraception (such as condoms) should be used as back-up until pink active pills have been taken for 7 days in a row.

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 contraception. You will need back-up non-hormonal contraception (such as condoms) if you miss pink pills, as described above.

It's important to understand that if you miss pink pills and you have sex, 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. **If unsure, call your healthcare professional right away.**

For more information go to
nextstellis.com.au

Frequently Asked Questions

What will happen to my period?

- Most women taking NEXTSTELLIS had predictable monthly bleeding.
- A small number of women had light mid-cycle bleeding or spotting. This is normal and usually resolves within the first few months.³



Can I take **NEXTSTELLIS** with other medicines?

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

Is a break from taking **NEXTSTELLIS** needed sometimes?

There is no need to stop taking NEXTSTELLIS unless you want to become pregnant. Please speak to your doctor first before stopping NEXTSTELLIS for any reason.

What about side effects?

- Most women experience very little side effects when taking NEXTSTELLIS. If you do experience any side effects, these will likely be minor and temporary, however, some side effects may require medical attention. Speak to your healthcare professional if you have any questions or notice anything unusual.
- Blood clots or deep vein thrombosis (DVT) are known to occur rarely with contraceptive pill use. Very occasionally blood clots may cause serious permanent disability or even be fatal. However the risk of clotting on the pill is much lower than when you are pregnant. If you are concerned speak to your healthcare professional.



Are there any risks associated with taking NEXTSTELLIS?

Most women can take NEXTSTELLIS safely. However there are risks associated with taking any contraceptive pill. Your doctor will have discussed these with you but if you are concerned please seek further advice from your healthcare professional.

Will NEXTSTELLIS affect my fertility?

If you are taking NEXTSTELLIS correctly the chances of you becoming pregnant are very small. As soon as you stop taking the pill, contraceptive protection stops, allowing you to become pregnant.

Does NEXTSTELLIS cause fluid retention like some other contraceptive pills?

NEXTSTELLIS has drospirenone, a progestin that reduces fluid retention, so you may see improvement in symptoms related to fluid retention like bloating or swelling if you've been on another pill that doesn't have drospirenone.

REMEMBER to take your script to a pharmacy or order online now so you don't run out.



Important Safety Information

What else should I know about taking NEXTSTELLIS?

- ◆ Before taking NEXTSTELLIS, tell your healthcare professional about all of your medical conditions, including if you are scheduled for surgery.
- ◆ NEXTSTELLIS may increase your risk of blood clots after surgery. Talk to your healthcare professional about taking NEXTSTELLIS before and after your surgery, or if you are going to be unable to walk for an extended period of time.
- ◆ Like other combined oral contraceptive pills, NEXTSTELLIS may cause serious side effects that may lead to death including blood clots in your lungs, heart attack, or a stroke. Some other examples of serious blood clots include blood clots in the legs or eyes. Other serious risks may include high potassium levels in your blood, high blood pressure, new or worsening headaches including migraine headaches, possible cancer that is sensitive to female hormones, liver problems, changes in the sugar and fat blood levels, gall bladder problems, irregular or unusual vaginal bleeding, spotting, or absence of menstrual periods, depression.
- ◆ It is not recommended to use NEXTSTELLIS if you smoke cigarettes and are over 35 years old. Smoking increases your risk of serious cardiovascular side effects (heart and blood vessel problems) from contraceptive pills, including death from heart attack, blood clots or stroke. This risk increases with age and the number of cigarettes you smoke.
- ◆ It is not known if NEXTSTELLIS is safe and effective in females with a body mass index (BMI) of 35 or higher. If you are moderately obese, discuss with your healthcare professional whether NEXTSTELLIS is appropriate for you.

For further information, please see the full Consumer Medicines Information at nextstellis.com.au



For further information go to
nextstellis.com.au



- References:**
1. Gemzell-Danielsson K, *et al.* *BJOG* 2022; 129:63–71.
 2. Stanczyk F.Z. *et al.* *Contraception*. 2013;87:706–727.
 3. NEXTSTELLIS Consumer Medicine Information.
 4. NEXTSTELLIS Product Information.

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