

**SyreniRing** 0.120 mg/0.015mg per 24 hours,  
vaginal delivery system, Etonogestrel/ Ethinylestradiol (POM)

## PATIENT INFORMATION CARD

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### WHAT I NEED TO KNOW ON COMBINED HORMONAL CONTRACEPTIVES (CHCs)

Combined Hormonal Contraceptives (commonly named “pill”) are not intended to treat any disease; its use is intended to prevent undesired pregnancies.

*Contraceptive pills are one of the most reliable reversible methods of contraception if used correctly.*

All combined hormonal contraceptives, including the one prescribed to you, increase the risk of the formation of a blood clot. The overall risk of developing a blood clot using combined hormonal contraceptive is low, however, blood clots can be serious and in very rare cases, even fatal. It is especially important that you recognise when you have a higher risk of a blood clot and what signs and symptoms you should look for, and what actions you need to take.

### WHEN IS THE RISK OF DEVELOPING A BLOOD CLOT GREATEST?

- In the first year of use of a combined hormonal contraceptive including if you are restarting after a 4 week or more break
- Being overweight or obese
- Being older than 35 years
- If you smoke
- When one of your relatives had a blood clot below the age of 50 years. Blood clots include Deep Vein Thrombosis (DVT), Lung / Pulmonary embolism (PE), heart attack or stroke.
- If you have given birth in the previous 6 weeks.

If you smoke and are older than 35 year-old, you are strongly advised to quit smoking or use a non-hormonal contraceptive.

### WHEN TO SEEK IMMEDIATE MEDICAL ADVICE

You should see your doctor immediately if you notice any of the following symptoms, since you could be suffering from a deep vein thrombosis, a pulmonary embolism, a heart attack or a cerebrovascular attack (stroke).

#### Symptoms of Deep Vein Thrombosis:

- Severe pain or swelling in either of your legs or feet that may be accompanied by pain on pressure, heat or change in the skin colour, such as turning pale, red or blue.

### **Symptoms of Pulmonary Embolism:**

- Sudden cough without an obvious cause, which may produce bloody or blood-streaked sputum
- Severe pain in the chest which may increase with deep breathing
- Sudden unexplained breathlessness, difficulty in breathing or rapid breathing that may occur whether you are active or at rest

### **Symptoms of a Heart Attack:**

- Sudden chest pain or discomfort
- Upper body discomfort, pressure or heaviness radiating to one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach (above the belly button).
- Feeling of fullness, indigestion or choking
- Cold sweat; nausea, vomiting or dizziness

### **Symptoms of a Cerebrovascular Attack (stroke):**

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion
- Trouble in speaking or understanding
- Sudden blurred or loss of vision in one or both eyes
- Severe or persistent headache/ migraine
- Loss of consciousness or fainting

### **YOU SHOULD PARTICULARLY WATCH OUT FOR SYMPTOMS OF BLOOD CLOTS IF:**

- Recently had surgery or an operation, requiring staying in bed for a long time
- Have been bedridden for a longer period (i.e. due to injury or illness)
- Have been on a long journey (e.g. flights over 4 hours)

### **REMEMBER TO TELL YOUR DOCTOR, NURSE OR SURGEON ABOUT USING A CHC IF YOU:**

- Need surgery or an operation, requiring staying in bed for a long time
- Other medicine is prescribed to you

If you suspect that the intake of combined hormonal contraceptive is connected to a side effect, you should report it to your doctor or pharmacist. You can also report side effects directly to the MHRA via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

### **MARKETING AUTHORISATION HOLDER**

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Further information is available in the patient information leaflet.