

# desofem<sup>®</sup>

Desogestrel 0.15 mg +  
Ethinylestradiol 0.03 mg



**desofem** is a safe and effective daily pill that contains Desogestrel 0.15 mg and Ethinylestradiol 0.03 mg used in the treatment of certain menstrual disorders as well as to prevent pregnancy.

## These disorders include:

- Heavy menstrual bleeding (menorrhagia)
- Painful period/menstrual cramps (dysmenorrhea)
- Premenstrual Syndrome (PMS) - symptoms include mood swings, tender breasts, food cravings, fatigue, irritability and depression before the week of menstruation



## How it works

**desofem** works by inhibiting the follicle-stimulating hormone which prevents ovulation. This thins out the endometrial lining of the womb thus making periods lighter, shorter and less painful.



## How to use

Take 1 pill orally every day for 21 days beginning from day 1 of the menstrual cycle followed by a 7-day break. Continue with the next pack as prescribed by a provider depending on the severity of the condition.

- **Heavy menstruation/ Painful menstruation/ PMS:** Improvements are seen from 1-3 months
- **Pregnancy prevention:** Start a pack and continue as long as you want to prevent pregnancy



## Who cannot use

**desofem** should not be used by women with certain health conditions which include: liver disease, breast cancer, hypertension, venous thromboembolism or vascular heart disease.



## Benefits

- **desofem** improves women's physical, emotional, social, personal and psychological quality of life by offering a long lasting solution to heavy and painful menstruation
- Offers relief from premenstrual syndrome (PMS)
- Effective in preventing pregnancy
- Fertility returns (meaning you can get pregnant again) few days after you stop taking **desofem**



## Common side effects

Like all medications, oral pills can have side effects, but most are mild and go away after few weeks. These include:

- Spotting or bleeding at intervals
- Breast may become tender and sore to touch
- Nausea or vomiting
- Headache

...the complete feminine pill

Packing 10 packs per box