

Dear User,

together with your gynaecologist, you have decided to use the combined pill **Dielera**® for contraception. To answer any questions that you may have about your new pill, we have compiled the most important information at a glance in this information leaflet. Here, you can find important information on the correct use, which is essential for safe contraception.

How it works:

Dielera® is a low-dose combined pill, as two hormones are responsible for its contraceptive effect: oestradiol valerate (oestrogen) and dienogest (progestogen, also known as the corpus luteum hormone). Progestogen protects you in three ways against unwanted pregnancy: it inhibits ovulation, makes the cervical mucus plug thick and impenetrable to sperm and prevents a fertilised egg from implanting in the uterus. Oestrogen keeps your cycle stable. For full protection, take this pill at the same time every day for 28 days. Start the next pack the day after you take the last pill from the previous pack. Withdrawal bleeding usually starts while you are taking the last pills of a blister pack and may still be ongoing when you start the next pack.

Each blister pack contains 28 pills. Each of the 26 coloured pills contains a small amount of the hormones mentioned above: 22 pills contain a combination of dienogest and oestradiol valerate, while four pills contain only oestradiol valerate. Two pills contain no active substance. The dosage of the pills increases in progestogen and decreases in oestrogen – similar to the structure of a natural menstrual cycle. The different hormonal phases are indicated by different coloured pills.

Starting out:

If you have not used any hormonal contraceptive up to now

Take the first pill of the blister pack on the first day of your period.

If you have previously used another combined pill

Ideally, start taking **Dielera**® after the day you take the last effective pill of your old blister pack.

If you have so far been using a vaginal ring or a contraceptive patch, start taking **Dielera**® on the day of its removal.

If you have previously used an oestrogen-free pill (mini pill; containing progestogen only)

If you have previously used a progestogen-only pill, you can switch to **Dielera**® on any day. Important: An additional non-hormonal contraceptive method (barrier method, e.g., condom) should be used during the first nine days of taking **Dielera**®.

What to do if you forget to take your pill:

Forgot one pill
(less than
12 hours late)

Take the missed pill immediately and continue taking **Diellera®** as usual.
Contraceptive protection is not affected.



However, the possibility of pregnancy must be considered if you have had sexual intercourse in the past seven days.

Please contact your doctor

if not



Forgot one pill
(more than
12 hours late)



- Take the missed pill as soon as you remember, then take the next pill at the usual time*
- Continue taking the pills as usual
- Use additional contraceptive measures for the next nine days



- Stop taking the pills immediately
- Start a new pack without a break and continue taking the pills as usual
- Use additional contraceptive measures for the next nine days



- Take the missed pill as soon as you remember, then take the next pill at the usual time*
- Continue taking the pills as usual
- No additional contraception necessary



- Discard the missed pill and continue taking your pills as usual
- No additional contraception necessary

Forgot more than one pill
(more than
12 hours late,
respectively)

The possibility of pregnancy must be considered.
Please contact your doctor

You can find more information on contraception, health and sexuality at www.meine-pille.de

* Even if it means taking two pills in one day.