



Bayer HealthCare
Pharmaceuticals

Jadelle®

How to Use Jadelle?



HealthCare Programs
Family Planning ■■■■



Bayer HealthCare
Pharmaceuticals

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How to Use Jadelle?

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How to Use Jadelle?

Introduction

Thank you for choosing Jadelle implants birth control. They are one of the most effective reversible contraceptive methods offering both convenience and a high degree of reliability for five years. Your doctor has already discussed Jadelle with you.

This leaflet will help you to remember the important points. Please read the following information carefully, before you start using Jadelle.

Information

- »»» Jadelle is an effective, reversible longacting contraceptive that protects you for up to five years. Two thin, flexible implants filled with a synthetic progestin are inserted just under the skin of your upper arm.
- »»» Jadelle implants release continuously low doses of a synthetic hormone, levonorgestrel. Pregnancy is prevented by a combination of mechanisms. The most important of these are inhibition of ovulation and thickening of the cervical mucus, which thus becomes impermeable to sperm. Jadelle® contains no estrogen.
- »»» Jadelle is one of the most effective forms of reversible contraception available. Unlike the combined contraceptive pill, you do not need to remember it every day. The average annual pregnancy rate over five years is less than 1 percent.

What is Jadelle?

**How does
Jadelle work?**

**How effective
is Jadelle?**

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Who can use Jadelle?

- »» Jadelle may be used by all healthy women who do not wish to get pregnant. It is a good method for women who are seeking continuous contraception or want to space their children, who do not want to be sterilized, who desire a method that is convenient, who cannot use IUDs or who cannot use methods that contain estrogen.

Who should not use Jadelle?

- »» You should not use Jadelle if you are allergic or hypersensitive to levonorgestrel or to any other of its components. Jadelle should also not be used if you have undiagnosed vaginal bleeding or suspected hormone dependent cancer, acute liver disease, benign or malignant liver tumor, or if you have a thromboembolic disease. You should not use Jadelle if you are pregnant. If you become pregnant while using the implants, they must be removed immediately.

- »» To make sure that you are not pregnant, the implants should be inserted within 7 days after the onset of menstrual bleeding, or immediately or within 7 days after abortion. If they are inserted at any other time, you will need to use an additional non-hormonal (barrier) method for the following 7 days.

When should Jadelle be inserted?

- »» Jadelle will provide contraceptive protection for up to five years. At the end of the fifth year, when the implants should be removed, a new set may be inserted for continued contraception.

How long is Jadelle effective?

- »» After the anesthetic wears off, you will probably experience some tenderness at the insertion site for the first few days. There may also be some swelling, bruising and discoloration. Keep the insertion area dry for 2-3 days to prevent infection. The protective gauze may be removed after 24 hours and the sterile skin closure as

What to expect during the first days with Jadelle?

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soon as the incision wound has healed, i.e. normally after 3-5 days.

You can resume your normal daily activities immediately following the insertion of Jadelle. However, you should not lift any heavy objects and you should try to avoid hitting the insertion site for a few days. After the incision has healed, you do not have to worry about hitting the area or putting pressure on it. The implants are flexible and cannot break inside the arm. They will stay where they are placed and not move around. Insertion or removal of the implants leaves a small scar on the arm, which is not noticeable in most women.

Are you taking any medication?

- »»» Certain drugs may interfere with the hormone delivered by Jadelle, making it less effective in preventing pregnancy. Reduced contraceptive efficacy has been reported in Jadelle users taking some medicines used to treat epilepsy,

tuberculosis or fungal infections. The herbal preparation St John's Wort may also make Jadelle less effective. Don't worry about medicines, your doctor will screen you to make sure that there are no medical reasons why you should not use Jadelle. Whenever a new medicine is prescribed for you in the future, always tell the doctor that you are using Jadelle.

- »»» Studies have shown no significant harmful effects on the growth or health of infants whose mothers began to use Jadelle six weeks after childbirth. There is no data to support the use of the implants earlier than six weeks after childbirth.

Can I use Jadelle when breast feeding?

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May Jadelle have an effect on my periods?

- »» Jadelle may alter your bleeding pattern, although the situation usually stabilizes during the first year of use. The type of bleeding pattern you will experience with Jadelle cannot be predicted. Menstrual irregularities may vary from woman to woman and may include prolonged bleeding during the first few months of use, untimely bleeding or spotting, no bleeding at all for several months, or a combination of these patterns. Despite the increased frequency and number of days of bleeding in some women, the monthly blood volume loss is usually less than that of normal menstruation. Most women who experience some change in their bleeding pattern are not bothered by it.
If you have regular periods after having the implants inserted and they suddenly stop for six weeks or more, you should confirm that you are not pregnant. If you are, Jadelle implants must be removed.

- »» Sometimes women are concerned about amenorrhea, i.e. about having no monthly bleeding at all. If you do not have your periods while using Jadelle, it does not harm your health or future fertility.

- »» Most other side effects occurring in about ten percent of users and similar to those sometimes found with other progestogen-only methods of contraception, such as the mini-pill. You should be aware of the following conditions even though you may not experience any of them: headache, nervousness, nausea, dizziness, acne, change in appetite, breast tenderness and weight gain. Ectopic pregnancy (development of a fertilized egg outside the womb) has occurred among users of Jadelle implants at an annual rate of less than 1 per 1000 women using Jadelle. This is below the risk of ectopic pregnancy for women who do not use any contraceptive.

Is lack of bleeding harmful?

Other side effects?

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If you are worried about possible side effects with Jadelle you should discuss this with your doctor or nurse.

Will the implants move around?

- » No. They will remain under the skin where they are placed. They are flexible and cannot break in your arm. They will become naturally surrounded by a protective layer of fibrous tissue.

When should the doctor be contacted?

- » You should contact your doctor or clinic right away if you have: severe lower abdominal pain; heavy vaginal bleeding; arm pain; pus or bleeding at the insertion site, indicating infection; expulsion of an implant; episodes of migraine, repeated severe headaches or blurred vision; or delay menstrual cycle after a long time of having regular cycles. Failure to have periods after regular cycles may be a sign of pregnancy.

- » You are advised to return to follow-up visits as necessary. Your doctor or clinic will advise you.

What about follow-up visits?

- » Jadelle implants must be removed at the end of five years. However, they can be removed at any time before that, for either personal or medical reasons. If you wish to continue using Jadelle, a new set of implants can be inserted at the same time as the old set is removed.

How is Jadelle removed?

- » Once the implants are removed, the contraceptive effect wears off quickly and you can become pregnant as rapidly as women who have used no contraceptive at all. Jadelle is a contraceptive. It is not intended to protect against sexually transmitted diseases

How soon after removal can I get pregnant?



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What about sexually transmitted diseases and AIDS?

- »» (STDs) including AIDS. If there is a risk of infection in your sexual activities, you should use a condom as well as Jadelle.

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