

Dinohub Plus Tablet

Ethinyl Estradiol (0.03 mg) + Dienogest (2 mg)
Tablet

Description

Ethinyl Estradiol and Dienogest combine to form an oral contraceptive that provides effective pregnancy prevention while also managing various hormonal-related conditions. Ethinyl estradiol is a synthetic form of estrogen, while dienogest is a progestin, a synthetic form of progesterone. This combination tablet works by inhibiting ovulation, altering the cervical mucus to prevent sperm penetration, and modifying the endometrial lining to prevent implantation. Additionally, it can help regulate menstrual cycles and manage conditions such as endometriosis and menstrual disorders.

Composition

Each tablet contains:

- Ethinyl Estradiol: 0.03 mg
- Dienogest: 2 mg

Excipients: Q.S.

Pharmacological Action

- **Ethinyl Estradiol:** Ethinyl estradiol is a synthetic estrogen that stabilizes the endometrial lining and works to inhibit the secretion of follicle-stimulating hormone (FSH) and luteinizing hormone (LH). This results in the prevention of ovulation. It also helps regulate the menstrual cycle and improve the consistency of menstrual flow.
- **Dienogest:** Dienogest is a progestin that inhibits ovulation and alters the cervical mucus, making it thicker and less penetrable to sperm. It also helps in preventing the growth of endometrial tissue, which is beneficial in treating conditions like endometriosis.

Indications

This combination tablet is indicated for:

- **Contraception:** Prevention of pregnancy.
- **Endometriosis:** Management of endometrial tissue growth and associated pain.
- **Irregular menstrual cycles:** Regulation of menstrual periods, particularly in cases of irregular bleeding.
- **Dysmenorrhea:** Alleviation of pain associated with menstruation.
- **Polycystic Ovary Syndrome (PCOS):** Helps in managing the hormonal imbalances associated with PCOS.

Dosage and Administration

- **Adults:**
 - 1 tablet daily for 21 consecutive days, followed by a 7-day break or placebo tablets, during which menstruation should occur.
 - The tablet should be taken at the same time each day for consistency.
 - It can be taken with or without food.
- **Missed Dose:** If a tablet is missed, follow the specific instructions based on how many tablets have been missed and when the next dose should be taken. If more than one tablet is missed, additional contraceptive methods (e.g., condoms) should be used for the next 7 days.

Contraindications

- **Pregnancy:** This tablet is not recommended during pregnancy.
- **Breastfeeding:** Not recommended during breastfeeding, particularly in the first 6 weeks post-delivery.

- **History of thromboembolic disorders:** Such as deep vein thrombosis (DVT), pulmonary embolism (PE), or stroke.
- **Severe liver disease:** Active liver conditions such as cirrhosis or hepatic tumors.
- **Hormone-sensitive cancers:** Including breast cancer, ovarian cancer, or endometrial cancer.
- **Undiagnosed vaginal bleeding:** Any unexplained bleeding must be evaluated before use.
- **Hypersensitivity to any of the ingredients.**

Precautions

- **Thromboembolic disorders:** This medication may increase the risk of blood clots, particularly in women with risk factors such as smoking, obesity, or a history of clotting disorders.
- **Liver function:** Caution should be exercised in women with liver disorders. Regular monitoring of liver function is recommended.
- **Breast cancer:** Women with a history of breast cancer should be closely monitored.
- **Diabetes:** Women with diabetes should be monitored regularly as oral contraceptives may affect glucose tolerance.
- **Pregnancy and Lactation:** Not to be used during pregnancy or breastfeeding.
- **Missed doses:** Missing doses may reduce the effectiveness of contraception. If more than one dose is missed, an additional contraceptive method should be used.

Adverse Effects

- **Common:**
 - Headache, nausea, vomiting
 - Weight changes, bloating
 - Breast tenderness or discomfort
 - Mood changes, depression, or irritability
- **Less common:**
 - Decreased libido, changes in menstrual cycle
 - Acne or other skin changes
- **Serious but rare:**
 - Blood clots: Symptoms may include pain, swelling, or redness in the legs,

chest pain, or sudden shortness of breath.

- **Liver problems:** Jaundice (yellowing of the skin or eyes) or severe abdominal pain.
- **Heart attack or stroke:** Chest pain, sudden numbness, or severe headache.
- **Breast lumps or any other signs of breast cancer.**

Storage Instructions

- Store at room temperature (15-30°C), in a dry place, away from light.
- Keep out of the reach of children.
- Do not use after the expiration date on the packaging.

Presentation

- Available in blister packs containing 21 tablets of Ethinyl Estradiol 0.03 mg + Dienogest 2 mg.

Note: This medication should only be used under the supervision of a healthcare provider, and it is important to follow the prescribed dosage regimen to ensure the effectiveness of the contraceptive method. Regular check-ups are advised to monitor for any adverse effects.

Manufactured in India for.

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,

Panchkula-134113

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