

## Smilepill 21 Tablet

**Ethinyl Estradiol (0.03mg) +  
Levonorgestrel (0.15mg) Tablet**

**(PCOS) or to alleviate  
symptoms of endometriosis.**

This combination tablet is primarily used as an oral contraceptive to prevent pregnancy. It contains a synthetic form of the female hormone estrogen (Ethinyl Estradiol) and a synthetic form of progestin (Levonorgestrel), which work together to regulate hormonal balance and prevent pregnancy.

### Composition

- **Ethinyl Estradiol: 0.03 mg**
  - A synthetic estrogen used to regulate the menstrual cycle and prevent ovulation.
- **Levonorgestrel: 0.15 mg**
  - A synthetic progestin that prevents pregnancy by inhibiting ovulation and altering the cervical mucus.

### Indications

1. **Contraception**
  - Prevention of pregnancy in women of reproductive age.
2. **Regulation of Menstrual Cycle**
  - May help in regulating irregular menstrual cycles and reduce heavy menstrual bleeding.
3. **Management of Hormonal Imbalances**
  - Can be used in conditions like polycystic ovary syndrome

### Dosage and Administration

- **Adults:**
  - Take 1 tablet daily at the same time each day, preferably with food to minimize stomach upset.
  - The first tablet is typically taken on the first day of your menstrual cycle (Day 1) or as directed by your doctor.
- **Missed Dose:**
  - If you miss a dose, take it as soon as you remember, and continue with your regular schedule.

**Note: Follow your doctor's instructions carefully for maximum effectiveness.**

### How It Works

1. **Ethinyl Estradiol:**
  - Prevents ovulation by inhibiting the secretion of gonadotropins (hormones that stimulate the ovaries).
2. **Levonorgestrel:**
  - Increases the viscosity of cervical mucus, making it more difficult for sperm to enter the uterus.

### Precautions

- **Not for Use in Certain Conditions:**
  - History of blood clots, stroke, or heart disease.
  - Active liver disease or liver tumors.
- **Smoking:**
  - Women over 35 who smoke should not use this contraceptive due to an increased risk of cardiovascular events, such as blood clots, heart attack, or stroke.
- **Pregnancy and Breastfeeding:**
  - This medication should not be used during pregnancy.
- **Cholesterol and Blood Pressure:**
  - Monitor cholesterol and blood pressure regularly, as hormonal contraceptives may increase the risk of cardiovascular issues.

- Chest pain or shortness of breath (signs of heart attack or pulmonary embolism)
- High blood pressure or changes in cholesterol levels

**If you experience any serious side effects, seek medical attention immediately.**

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### **Drug Interactions**

- Antibiotics (e.g., rifampin) may reduce the effectiveness of this contraceptive.
  - Anticonvulsants (e.g., phenytoin, carbamazepine) may also interfere with the pill's effectiveness.
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### **Storage**

- Store at room temperature in a dry place, away from direct sunlight.
  - Keep out of reach of children.
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### **Possible Side Effects**

#### **Common Side Effects:**

- Nausea or vomiting
- Breast tenderness or swelling
- Headache
- Mood changes or irritability
- Spotting or breakthrough bleeding between periods
- Weight gain

#### **Rare but Serious Side Effects:**

- Severe allergic reactions (e.g., rash, swelling, difficulty breathing)
- Severe headaches, blurred vision, or vision disturbances (indicating possible stroke or blood clot)

**Important Note: Always take this medication exactly as prescribed and do not skip doses to ensure its effectiveness in preventing pregnancy. Consult your doctor for any concerns or if you experience side effects.**

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**Cafoli**<sup>TM</sup>  
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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