

Starting your first pack of Triquilar 28

- 1 Open the wallet package and remove the adhesive calendar sheet.

Wallet package ▶



- 2 The first tablet of Triquilar 28 should be taken on your first day of menstruation.

- 1 Remove the day strip from the adhesive calendar sheet on which the same day of the week as your first menstruation started on is printed on the left. Place the strip onto the tablet sheet as shown below. Dispose of the remaining adhesive strips.



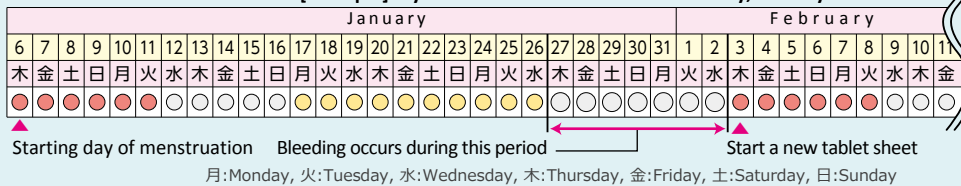
- 2 According to the calendar day strip and the printed arrows, start with one light-brown tablet and follow with one tablet per day for 28 days, at approximately the same time each day. Menstrual-like bleeding (menstruation) should usually occur while you are taking the tablets on the bottom row (slightly larger white tablets).



- 3 Regardless of whether your menstruation stopped or continues, start with the next tablet sheet after all of 28 tablets have been taken.

- 4 If you continue taking Triquilar 28, start a new tablet sheet on the same day of the week as for your first sheet. Use the same calendar day strip as instructed in ①

[Example] If your menstruation starts on Thursday, January 6th:



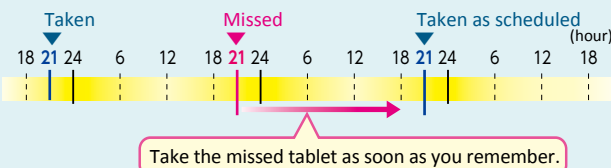
Take each tablet (or tablets) at approximately the same time of the day (for example, before bedtime).

Be sure to note the following points while taking Triquilar 28:

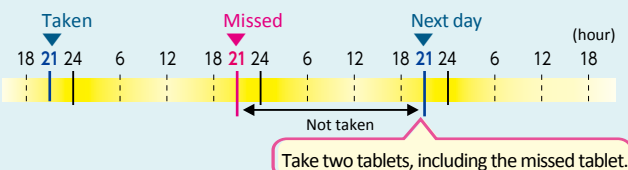
- If you miss taking a tablet (except slightly larger white tablets*)

[Example] If you take a tablet at 9 pm every day

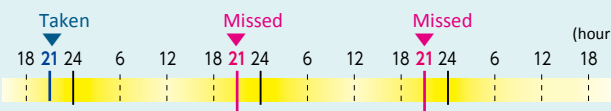
- If you realize you missed a tablet before the time of your next dose



- If you miss a tablet and realize it at the time of your next dose



- If you miss more than 1 tablet in a row



Temporarily stop taking this drug and use another contraceptive method. On the first day of your next menstruation, resume with the next tablet sheet.

* If you missed any of the slightly larger white tablets, treat it as though you took the tablets, do not take the missed ones, and resume with the next scheduled tablet when you remember.

- The following symptoms may develop during the 1st to 2nd cycles after you start taking this drug:

- Mild nausea ● Breast swelling ● Mild bleeding between menstruations
- These symptoms generally go away while you are taking this drug, but if you have concern or feel anything unusual about your body, consult your doctor or pharmacist.

- If you have any of the following symptoms, stop taking this drug and visit the ER immediately:

- Arm or leg: sudden pain or swelling, or weakness or numbness in either of your legs
- Chest: sudden shortness of breath, crushing pain
- Head: severe headache ● Mouth: twisted tongue or difficulty with speech
- Eyes: sudden vision problem etc.

- Stop taking this drug and see your doctor right away in the following cases, even if the symptom is mild:

- When symptoms suspected to be due to thrombosis develop: Pain, swelling, numbness, redness, or a hot flash in either of your legs; headache, nausea or vomiting, etc.
- When you cannot move your body, have remarkable rise of blood pressure, are dehydrated, etc.

- Please consult your doctor in the following cases:

- Menstruation does not occur while you are taking the tablets at the bottom of the tablet sheet (slightly larger white tablets)
- Severe diarrhea or vomiting persists
- You take other drugs or health foods
- You undergo clinical laboratory tests ● You wish to become pregnant
- You have other symptoms that concern you