

## Smilepill D Tablet

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

**irregular periods, hirsutism  
(excessive hair growth), and acne.**

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### Description:

**Ethinyl Estradiol (0.03 mg) + Desogestrel (0.15 mg) tablet is a combination oral contraceptive used to prevent pregnancy. It contains two active ingredients: Ethinyl Estradiol, a synthetic form of the female hormone estrogen, and Desogestrel, a synthetic progestin (a form of progesterone). This combination works by inhibiting ovulation (the release of an egg), thickening cervical mucus to prevent sperm from reaching the egg, and altering the endometrial lining to prevent implantation.**

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### Composition:

- Ethinyl Estradiol: 0.03 mg**
  - Desogestrel: 0.15 mg**
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### Indications:

- Contraception:**
  - For the prevention of pregnancy in women who prefer an oral contraceptive method.
- Regulation of Menstrual Cycles:**
  - For women with irregular periods or dysfunctional uterine bleeding.
- Management of Acne:**
  - To treat moderate acne in women, particularly when associated with androgen excess (excess male hormones).
- Polycystic Ovary Syndrome (PCOS):**
  - For the management of PCOS, including its symptoms like

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### Mechanism of Action:

- Ethinyl Estradiol (0.03 mg):**  
Ethinyl Estradiol is a synthetic estrogen that helps regulate the menstrual cycle by stabilizing the endometrial lining and preventing premature ovulation.
- Desogestrel (0.15 mg):**  
Desogestrel is a synthetic progestin that works by inhibiting ovulation, altering the cervical mucus to make it thicker and less penetrable by sperm, and changing the uterine lining (endometrium) to prevent implantation of a fertilized egg.

**Together, these hormones prevent pregnancy by blocking ovulation, thickening cervical mucus, and altering the uterine environment, making it unsuitable for implantation.**

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### Dosage and Administration:

- Adults:**
  - Take 1 tablet daily at the same time every day for 21 consecutive days, followed by a 7-day break (or during the placebo week). During the 7-day break, you will likely experience withdrawal bleeding, similar to a period.
- Starting the Tablet:**
  - If starting on day 1 of the menstrual cycle: Start taking 1 tablet daily from day 1 of the cycle.

- **If starting after a break (post-birth control pill):** Follow your healthcare provider's instructions for transitioning.
  - **Missed Dose:**
    - **If you miss a dose,** take it as soon as you remember. If you miss two or more doses, consult your healthcare provider for instructions.
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#### **Side Effects:**

- **Common:**
    - **Nausea, vomiting, headache, weight gain, mood swings, breast tenderness, and changes in libido.**
    - **Irregular bleeding or spotting during the first few months of use.**
    - **Fluid retention or bloating.**
  - **Serious but Rare:**
    - **Venous thromboembolism (blood clots), particularly in women who smoke, are overweight, or are over 35 years old.**
    - **Heart attack or stroke due to increased risk of thromboembolic events.**
    - **Liver problems: Symptoms like jaundice, dark urine, or persistent abdominal pain.**
    - **Severe allergic reactions: Rash, swelling, or difficulty breathing.**
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#### **Precautions:**

- 1. Thromboembolic Disorders:**
  - **Use with caution in women with a history of blood clots, stroke, or heart disease, or who have other risk factors for thromboembolic events (e.g., smoking, obesity, over 35 years old).**
- 2. Liver Disease:**
  - **Use with caution in women with liver disease, and regular**

**monitoring of liver function may be necessary.**

#### **3. Pregnancy and Breastfeeding:**

- **Pregnancy:** This medication is contraindicated during pregnancy and should not be used if pregnancy is suspected or confirmed.
- **Breastfeeding:** This medication is not recommended during breastfeeding as it may pass into breast milk and affect the infant.

#### **4. Smoking:**

- **Smoking increases the risk of serious cardiovascular events while using oral contraceptives, particularly in women over 35 years old.**
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#### **Storage:**

- **Store at room temperature (15-30°C), away from light, heat, and moisture.**
  - **Keep the tablets in their original packaging to protect from moisture.**
  - **Keep out of the reach of children.**
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#### **Note:**

**This medication must be taken as prescribed and at the same time every day for optimal effectiveness.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

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