SUMMARY OF THE PRODUCT CHARACTERISTICS

1. NAME OF THE MEDICINAL PRODUCT

Lumivela 0,150/0,02 mg filmomhulde tabletten

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

21 white film-coated tablets (active tablets):

Each film-coated tablet contains:
Desogestrel 150 micrograms
Ethinylestradiol 20 micrograms

Excipients with known effect: Lactose monohydrate 55 mg, soybean oil (maximum 0.026 mg).

7 green placebo (inactive) film-coated tablets:

The tablet does not contain active substances
Excipient with known effect: Lactose monohydrate 55 mg

For a full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Film-coated tablet for oral use.
Active tablets: White, round film-coated tablets of 5.00 mm diameter. They are coded on one side "C" and on the reverse side "5".
Placebo tablets: Green, round film-coated tablets of 5.00 mm diameter.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

Contraception

The decision to prescribe Lumivela should take into consideration the individual woman's current risk factors, particularly those for venous thromboembolism (VTE), and how the risk of VTE with Lumivela compares with other combined hormonal contraceptives (CHCs) (see sections 4.3 and 4.4).

4.2 Posology and method of administration

How to take Lumivela

The tablets must be taken every day at about the same time, if necessary with a little liquid, in the order shown on the blister pack. Tablet taking is continuous. One tablet is to be taken daily for 28 consecutive days. Each subsequent pack is started the day after the last tablet of

the previous pack.

Withdrawal bleeding usually starts on day 2-3 after starting the placebo tablets (last row) and may not have finished before the next strip is started.

How to start Lumivela

- No preceding hormonal contraceptive use (in the past month)

Tablet-taking has to start on day 1 of the woman's natural cycle (i.e. the first day of her menstrual bleeding). Starting on day 2-5 is allowed, but during the first cycle a barrier method is recommended in addition for the first 7 days of tablet-taking.

- Changing from another combined hormonal contraceptive (combined oral contraceptive (COC), vaginal ring, or transdermal patch)

The woman should start with Lumivela preferably on the day after the last active tablet (the last tablet containing the active substances) of her previous COC, but at the latest on the day following the usual tablet-free or placebo tablet interval of her previous COC.
In case a vaginal ring or transdermal patch has been used, the woman should start using Lumivela preferably on the day of removal, but at the latest when the next application would have been due. Under no circumstances should the hormone-free period of her previous method be extended to after the recommended period.

If the woman has used her previous combined hormonal contraceptive method consequently and correctly during the seven previous days and it is reasonably sure that she is not pregnant, she may switch any day of her cycle from her previous combined hormonal contraceptive method to Lumivela.

It is possible that not all described contraceptive methods (vaginal ring, transdermal patch) are available in all EU countries.

- Changing from a progestogen-only method (Mini-pill, injection, implant) or from a progestogen-releasing intrauterine system (IUS)

The woman may switch any day from the Mini-Pill (from an implant or the IUS on the day of its removal, from an injectable when the next injection would be due) but should in all of these cases be advised to additionally use a barrier method for the first 7 days of tablet-taking.

- Following first-trimester abortion

The woman may start immediately. When doing so, she needs not to take additional contraceptive measures.

- Following delivery or second-trimester abortion

Women should be advised to start at day 21 to 28 after delivery or second-trimester abortion. When starting later, the woman should be advised to additionally use a barrier method for the first 7 days. However, if intercourse has already occurred, pregnancy should be excluded before the actual start of COC use or the woman has to wait for her first menstrual period.

For breastfeeding women see section 4.6.

Management of missed tablets

Missed pills from the last row of the blister are placebo tablets and thus can be disregarded. However, they should be discarded to avoid unintentionally prolonging the placebo tablet phase.
The following advice only refers to missed active tablets (rows 1-3 of the blister):

If the user is **less than 12 hours** late in taking any tablet, contraceptive protection is not reduced. The woman should take the tablet as soon as she remembers and should take further tablets at the usual time.

If she is **more than 12 hours** late in taking any tablet, contraceptive protection may be reduced. The management of missed tablets can be guided by the following two basic rules:

1. tablet-taking must never be discontinued for longer than 7 days.
2. 7 days of uninterrupted tablet-taking are required to attain adequate suppression of the hypothalamic-pituitary-ovarian-axis.

Accordingly, the following advice may be given in daily practice:

- Week 1

The user should take the last missed tablet as soon as she remembers, even if this means taking 2 tablets at the same time. She then continues to take tablets at her usual time. In addition, a barrier method such as a condom should be used for the next 7 days. If intercourse took place in the preceding 7 days, the possibility of a pregnancy should be considered. The more tablets are missed and the closer they are to the placebo tablet phase, the higher the risk of a pregnancy.

- Week 2

The user should take the last missed tablet as soon as she remembers, even if this means taking 2 tablets at the same time. She then continues to take tablets at her usual time. Provided that the woman has taken her tablets correctly in the 7 days preceding the first missed tablet, there is no need to use extra contraceptive precautions. However, if this is not the case or if she has missed more than 1 tablet, the woman should be advised to use extra precautions for 7 days.

- Week 3

The risk of reduced reliability is imminent because of the forthcoming 7-day placebo tablet phase. However, by adjusting the tablet–intake schedule, reduced contraceptive protection can still be prevented. By adhering to either of the following two options, there is therefore no need to use extra contraceptive precautions, provided that in the 7 days preceding the first missed tablet the woman has taken all tablets correctly. If this is not the case, she should follow the first of these two options and use extra precautions for the next 7 days as well.

1. The user should take the last missed tablet as soon as she remembers, even if this means

taking two tablets at the same time. She then continues to take tablets at her usual time until the active tablets are used up. The 7 tablets from the last row (placebo tablets) must be discarded. The next blister strip must be started right away. The user is unlikely to have a withdrawal bleed until the end of the active tablets section of the second pack, but she may experience spotting or breakthrough bleeding on tablet-taking days.

2. The woman may also be advised to discontinue active tablet-taking from the current blister pack. She should then take tablets from the last row (placebo tablets) for up to 7 days, including the days she missed tablets, and subsequently continue with the next blister pack.

If the woman missed tablets and subsequently has no withdrawal bleed in the placebo tablet phase, the possibility of a pregnancy should be considered.

Advice in case of gastro-intestinal disturbances

In case of severe gastro-intestinal disturbances (e.g., vomiting or diarrhoea), absorption may be not complete and additional contraceptive measures should be taken. If vomiting occurs within 3-4 hours after active tablet taking , the advice concerning missed tablet, as given in section 4.2. "Management of missed tablets", is applicable. If the woman does not want to change her normal tablet-taking schedule, she has to take the extra tablet(s) from another blister pack.

Delaying the monthly period or making a permanent change to another day
Delaying a monthly period is not an indication of the product. To delay a monthly period in exceptional cases, the woman should continue with another blister pack of Lumivela without taking the placebo tablets from her current pack. The extension can be carried on for as long as wished until the end of the active tablets in the second pack. During the extension the woman may experience breakthrough-bleeding or spotting. Regular intake of Lumivela is then resumed after the placebo tablet phase.

To shift her periods to another day of the week than the woman is used to with her current scheme, she can be advised to shorten her forthcoming placebo tablet phase by as many days as she likes. The shorter the interval, the higher the risk that she does not have a withdrawal bleed and will experience breakthrough-bleeding and spotting during the subsequent pack (just as when delaying a period).

Paediatric population
The safety and efficacy of Lumivela in adolescents below 18 years has not yet been studied.

4.3 Contraindications

Combined hormonal contraceptives (CHCs) should not be used in the following conditions. Should any of the conditions appear for the first time during COC use, the product should be stopped immediately.

- Presence or risk of venous thromboembolism (VTE)
  - Venous thromboembolism – current VTE (on anticoagulants) or history of (e.g. deep venous thrombosis [DVT] or pulmonary embolism [PE])
  - Known hereditary or acquired predisposition for venous thromboembolism, such as APC-resistance, (including Factor V Leiden), antithrombin-III-

deficiency, protein C deficiency, protein S deficiency

- Major surgery with prolonged immobilisation (see section 4.4)
- A high risk of venous thromboembolism due to the presence of multiple risk factors (see section 4.4)

- Presence or risk of arterial thromboembolism (ATE)
  - Arterial thromboembolism – current arterial thromboembolism, history of arterial thromboembolism (e.g. myocardial infarction) or prodromal condition (e.g. angina pectoris)
  - Cerebrovascular disease – current stroke, history of stroke or prodromal condition (e.g. transient ischaemic attack, TIA)
  - Known hereditary or acquired predisposition for arterial thromboembolism, such as hyperhomocysteinaemia and antiphospholipid-antibodies (anticardiolipin-antibodies, lupus anticoagulant).
  - History of migraine with focal neurological symptoms.
  - A high risk of arterial thromboembolism due to multiple risk factors (see section 4.4) or to the presence of one serious risk factor such as:
    - diabetes mellitus with vascular symptoms
    - severe hypertension
    - severe dyslipoproteinaemia

- Pancreatitis or a history thereof if associated with severe hypertriglyceridemia.
- Presence or history of severe hepatic disease as long as liver function values have not returned to normal.
- Presence or history of liver tumours (benign or malignant).
- Known or suspected sex steroid-influenced malignancies (e.g. of the genital organs or the breasts).
- Endometrial hyperplasia.
- Undiagnosed vaginal bleeding.

- Hypersensitivity to the active substances of Lumivela or to any of the excipients listed in section 6.1.
- If you are allergic to peanut or soya.
- Lumivela is contraindicated for concomitant use with the medicinal products containing ombitasvir/paritaprevir/ritonavir and dasabuvir, medicinal products containing glecaprevir/pibrentasvir or sofosbuvir/velpatasvir/voxilaprevir (see section 4.5).

4.4 Special warnings and precautions for use

Warnings

If any of the conditions or risk factors mentioned below is present, the suitability of Lumivela should be discussed with the woman.

In the event of aggravation, or first appearance of any of these conditions or risk factors, the woman should be advised to contact her doctor to determine whether the use of Lumivela should be discontinued.

Circulatory disorders

Risk of venous thromboembolism (VTE)

The use of any combined hormonal contraceptive (CHC) increases the risk of venous thromboembolism (VTE) compared with no use. **Products that contain levonorgestrel, norgestimate or norethisterone are associated with the lowest risk of VTE. Other products such as Lumivela may have up to twice this level of risk. The decision to use any product other than one with the lowest VTE risk should be taken only after a discussion with the woman to ensure she understands the risk of VTE with Lumivela, how her current risk factors influence this risk, and that her VTE risk is highest in the first ever year of use. There is also some evidence that the risk is increased when a CHC is re-started after a break in use of 4 weeks or more.**

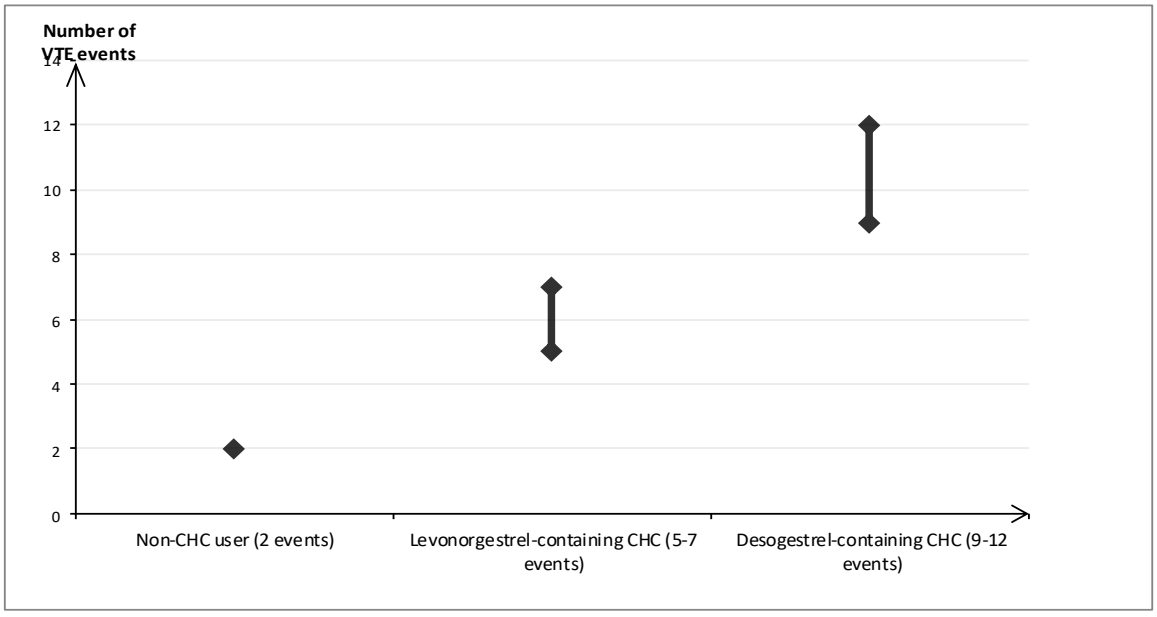
In women who do not use a CHC and are not pregnant about 2 out of 10,000 will develop a VTE over the period of one year. However, in any individual woman the risk may be far higher, depending on her underlying risk factors (see below).

It is estimated[1] that out of 10,000 women who use a CHC containing desogestrel between 9 and 12 women will develop a VTE in one year; this compares with about 6[2] in women who use a levonorgestrel-containing CHC.

In both cases, the number of VTEs per year is fewer than the number expected during pregnancy or in the postpartum period.

VTE may be fatal in 1-2% of the cases.

Number of VTE events per 10,000 women in one year



[1] These incidences were estimated from the totality of the epidemiological study data, using relative risks for the different products compared with levonorgestrel-containing CHCs.

[2] Mid-point of range of 5-7 per 10,000 WY, based on a relative risk for CHCs containing levonorgestrel versus non-use of approximately 2.3 to 3.6

Extremely rarely, thrombosis has been reported to occur in CHC users in other blood vessels, e.g. hepatic, mesenteric, renal or retinal veins and arteries.

Risk factors for VTE

The risk for venous thromboembolic complications in CHC users may increase substantially in a woman with additional risk factors, particularly if there are multiple risk factors (see table).

Lumivela is contraindicated if a woman has multiple risk factors that put her at high risk of venous thrombosis (see section 4.3). If a woman has more than one risk factor, it is possible that the increase in risk is greater than the sum of the individual factors – in this case her total risk of VTE should be considered. If the balance of benefits and risks is considered to be negative a CHC should not be prescribed (see section 4.3).

Table: Risk factors for VTE

Risk factor	Comment
Obesity (body mass index over 30 kg/m²)	Risk increases substantially as BMI rises. Particularly important to consider if other risk factors also present.
Prolonged immobilisation, major surgery, any surgery to the legs or pelvis, neurosurgery, or major trauma Note: temporary immobilisation including air travel >4 hours can also be a risk factor for VTE, particularly in women with other risk factors	In these situations it is advisable to discontinue use of the patch/pill/ring (in the case of elective surgery at least four weeks in advance) and not resume until two weeks after complete remobilisation. Another method of contraception should be used to avoid unintentional pregnancy. Antithrombotic treatment should be considered if Lumivela has not been discontinued in advance.
Positive family history (venous thromboembolism ever in a sibling or parent especially at a relatively early age e.g. before 50).	If a hereditary predisposition is suspected, the woman should be referred to a specialist for advice before deciding about any CHC use

Other medical conditions associated with VTE	Cancer, systemic lupus erythematosus, haemolytic uraemic syndrome, chronic inflammatory bowel disease (Crohn's disease or ulcerative colitis) and sickle cell disease
Increasing age	Particularly above 35 years

There is no consensus about the possible role of varicose veins and superficial thrombophlebitis in the onset or progression of venous thrombosis.

The increased risk of thromboembolism in pregnancy, and particularly the 6 week period of the puerperium, must be considered (for information on "Pregnancy and lactation" see section 4.6).

Symptoms of VTE (deep vein thrombosis and pulmonary embolism)

In the event of symptoms women should be advised to seek urgent medical attention and to inform the healthcare professional that she is taking a CHC.

Symptoms of deep vein thrombosis (DVT) can include:

- unilateral swelling of the leg and/or foot or along a vein in the leg;

- pain or tenderness in the leg which may be felt only when standing or walking,

- increased warmth in the affected leg; red or discoloured skin on the leg.

Symptoms of pulmonary embolism (PE) can include:

- sudden onset of unexplained shortness of breath or rapid breathing;

- sudden coughing which may be associated with haemoptysis;

- sharp chest pain;

- severe light headedness or dizziness;

- rapid or irregular heartbeat.

Some of these symptoms (e.g. "shortness of breath", "coughing") are non-specific and might be misinterpreted as more common or less severe events (e.g. respiratory tract infections).

Other signs of vascular occlusion can include: sudden pain, swelling and slight blue discoloration of an extremity.

If the occlusion occurs in the eye symptoms can range from painless blurring of vision which can progress to loss of vision. Sometimes loss of vision can occur almost immediately.

Risk of arterial thromboembolism (ATE)

Epidemiological studies have associated the use of CHCs with an increased risk for arterial thromboembolism (myocardial infarction) or for cerebrovascular accident (e.g. transient ischaemic attack, stroke). Arterial thromboembolic events may be fatal.

Risk factors for ATE

The risk of arterial thromboembolic complications or of a cerebrovascular accident in CHC

users increases in women with risk factors (see table). Lumivela is contraindicated if a woman has one serious or multiple risk factors for ATE that puts her at high risk of arterial thrombosis (see section 4.3). If a woman has more than one risk factor, it is possible that the increase in risk is greater than the sum of the individual factors - in this case her total risk should be considered. If the balance of benefits and risks is considered to be negative a CHC should not be prescribed (see section 4.3).

Table: Risk factors for ATE

Risk factor	**Comment**
Increasing age	Particularly above 35 years
Smoking	Women should be advised not to smoke if they wish to use a CHC. Women over 35 who continue to smoke should be strongly advised to use a different method of contraception.
Hypertension	
Obesity (body mass index over 30 kg/m^2)	Risk increases substantially as BMI increases. Particularly important in women with additional risk factors
Positive family history (arterial thromboembolism ever in a sibling or parent especially at relatively early age e.g. below 50).	If a hereditary predisposition is suspected, the woman should be referred to a specialist for advice before deciding about any CHC use
Migraine	An increase in frequency or severity of migraine during CHC use (which may be prodromal of a cerebrovascular event) may be a reason for immediate discontinuation
Other medical conditions associated with adverse vascular events	Diabetes mellitus, hyperhomocysteinaemia, valvular heart disease and atrial fibrillation, dyslipoproteinaemia and systemic lupus erythematosus.

Symptoms of ATE

In the event of symptoms women should be advised to seek urgent medical attention and to inform the healthcare professional that she is taking a CHC.

Symptoms of a cerebrovascular accident can include:

- sudden numbness or weakness of the face, arm or leg, especially on one side of the body;

- sudden trouble walking, dizziness, loss of balance or coordination;

- sudden confusion, trouble speaking or understanding;

- sudden trouble seeing in one or both eyes;

- sudden, severe or prolonged headache with no known cause;

- loss of consciousness or fainting with or without seizure.

Temporary symptoms suggest the event is a transient ischaemic attack (TIA).

Symptoms of myocardial infarction (MI) can include:

- pain, discomfort, pressure, heaviness, sensation of squeezing or fullness in the chest, arm, or below the breastbone;

- discomfort radiating to the back, jaw, throat, arm, stomach;

- feeling of being full, having indigestion or choking;

- sweating, nausea, vomiting or dizziness;

- extreme weakness, anxiety, or shortness of breath;

- rapid or irregular heartbeats.

Tumours

- Epidemiological studies indicate that the long-term use (> 5 years) of oral contraceptives displays a risk factor for the development of cervical cancer in women infected with human papillomavirus (HPV). However, there is still uncertainty about the extent to which this finding is influenced by to confounding effects (e.g. differences in number of sexual partners or in use of barrier contraceptives).

- A meta-analysis from 54 epidemiological studies reported that there is a slightly increased relative risk (RR = 1.24) of having breast cancer diagnosed in women who are currently using COCs. The excess risk gradually disappears during the course of the 10 years after cessation of COC use. Because breast cancer is rare in women under 40 years of age, the excess number of breast cancer diagnoses in current and recent COC users is small in relation to the overall risk of breast cancer. These studies do not provide evidence for causation. The observed pattern of increased risk may be due to an earlier diagnosis of breast cancer in COC users, the biological effects of COCs or a combination of both. The breast cancers diagnosed in ever-users tend to be less advanced clinically than the cancers diagnosed in never-users.

- In rare cases, benign liver tumours, and even more rarely malignant liver tumours have been reported in users of COCs. In isolated cases, these tumours have led to life-threatening intra- abdominal haemorrhages. A hepatic tumour should be considered in the differential diagnosis when severe upper abdominal pain, liver enlargement or signs of intra-abdominal haemorrhage occur in women taking COCs.

Other conditions

- Women with hypertriglyceridaemia, or a family history thereof, may be at an increased risk of pancreatitis when using COCs.

- Although small increases in blood pressure have been reported in many women taking COCs, clinically relevant increases are rare. A systematic relationship between COC use and clinical hypertension has not been established. However, if a sustained clinically significant hypertension develops during the use of a COC then it is prudent for the physician to withdraw the COC and treat the hypertension. Where considered appropriate, COC use may be resumed if normotensive values can be achieved with antihypertensive therapy.

- The following conditions have been reported to occur or deteriorate with both pregnancy and COC use, but the evidence of an association with COC use is inconclusive: jaundice and/or pruritus related to cholestasis; gallstone formation; porphyria; systemic lupus erythematosus; haemolytic uraemic syndrome; Sydenham's chorea; herpes gestationis; otosclerosis-related hearing loss.

- Exogenous estrogens may induce or exacerbate symptoms of hereditary and acquired angioedema.

- Acute or chronic disturbances of liver function may necessitate the discontinuation of COC use until markers of liver function return to normal.

Recurrence of cholestatic jaundice and/or cholestasis-related pruritis which occurred first during pregnancy or previous use of sex steroids necessitates the discontinuation of COCs.

- Although COCs may have an effect on peripheral insulin resistance and glucose tolerance, there is no evidence for a need to alter the therapeutic regimen in diabetics using COCs (containing <0.05 mg ethinylestradiol). However, diabetic women should be carefully observed while taking COCs.

- Crohn's disease and ulcerative colitis have been associated with COC use.

- Chloasma may occasionally occur, especially in women with a history of chloasma gravidarum. Women with a tendency to chloasma should avoid exposure to the sun or ultraviolet radiation whilst taking COCs.

- Depressed mood and depression are well-known undesirable effects of hormonal contraceptive use (see section 4.8). Depression can be serious and is a well-known risk factor for suicidal behaviour and suicide. Women should be advised to contact their physician in case of mood changes and depressive symptoms, including shortly after initiating the treatment.

- Each white tablet of this medicinal product contains 55 mg lactose per tablet, each green tablet contains 55 mg. Patients with rare hereditary problems of galactose intolerance, the total lactase deficiency or glucose-galactose malabsorption should not take this medicine.

When counselling the choice of contraceptive method(s), all the above information should be taken into account.

Medical Examination/Consultation

Prior to the initiation or reinstitution of Lumivela a complete medical history (including family

history) should be taken and pregnancy must be ruled out. Blood pressure should be measured and a physical examination should be performed, guided by the contra-indications (section 4.3) and warnings (see section 4.4). It is important to draw a woman's attention to the information on venous and arterial thrombosis, including the risk of Lumivela compared with other CHCs, the symptoms of VTE and ATE, the known risk factors and what to do in the event of a suspected thrombosis.
The woman should also be instructed to carefully read the user leaflet and to adhere to the advice given. The frequency and nature of further periodic checks should be based on established practice guidelines and be adapted to the individual woman.

Women should be advised that hormonal contraceptives do not protect against HIV infections (AIDS) and other sexually transmissible diseases.

Reduced efficacy

The efficacy of COCs may be reduced in the event of e.g., missed tablets (Section 4.2 Management of missed pills"), gastro-intestinal disturbances (Section 4.2 "Advice in case of gastrointestinal disturbances) or concomitant medication that decrease plasma concentration of ethinylestradiol and/or etonogestrel, the active metabolite of desogestrel (Section 4.5).

Herbal preparations containing St. John's Wort (Hypericum perforatum) should not be used while taking Lumivela due to the risk of decreased plasma concentrations and reduced clinical effects of Lumivela (See Section 4.5).

Reduced cycle control

With all CHCs, irregular bleeding (spotting or breakthrough bleeding) may occur, especially during the first months of use. Therefore, the evaluation of any irregular bleeding is only meaningful after an adaptation interval of about three cycles.

If bleeding irregularities persist or occur after previous regular cycles, then non-hormonal causes should be considered and adequate diagnostic measures are indicated to exclude malignancy or pregnancy. These may include curettage.

In some women withdrawal bleeding may not occur during the placebo tablet interval. If the COC has been taken according to the directions described in Section 4.2, it is unlikely that the woman is pregnant. However, if the COC has not been taken according to these directions prior to the first missed withdrawal bleed or if two withdrawal bleeds are missed, pregnancy must be ruled out before COC use is continued.

4.5 Interaction with other medicinal products and other forms of interaction

Interactions

Note: The prescribing information of concomitant medications should be consulted to identify potential interactions.

Pharmacodynamic interactions

During clinical trials with patients treated for hepatitis C virus infections (HCV) with the medicinal products containing ombitasvir/paritaprevir/ritonavir and dasabuvir with or without ribavirin,

transaminase (ALT) elevations higher than 5 times the upper limit of normal (ULN) occurred significantly more frequent in women using ethinylestradiol-containing medications such as combined hormonal contraceptives (CHCs). Additionally, also in patients treated with glecaprevir/pibrentasvir or sofosbuvir/velpatasvir/voxilaprevir, ALT elevations were observed in women using ethinylestradiol-containing medications such as CHCs (see sections 4.3).

Therefore, Lumivela users must switch to an alternative method of contraception (e.g., progestogen- only contraception or non-hormonal methods) prior to starting therapy with these combination drug regimens. Lumivela can be restarted 2 weeks following completion of treatment with these combination drug regimens.

Effect of other medical products on Lumivela

Interactions can occur with medicinal or herbal products that induce microsomal enzymes, specifically cytochrome P450 enzymes (CYP) which can result in increased clearance of sex hormones and which may lead to breakthrough bleeding and/or pregnancy.

Management
Enzyme induction can already be observed after a few days of treatment. Maximal enzyme induction is generally seen within a few weeks. After the cessation of drug therapy enzyme induction may be sustained for about 4 weeks.

Short-term treatment
Women on treatment with enzyme inducing medicinal or herbal products should temporarily use a barrier method or another method of contraception in addition to the COC. The barrier method must be used during the whole time of the concomitant drug therapy and for 28 days after its discontinuation.
If the drug therapy runs beyond the end of the active tablets in the COC pack, the placebo tablets must be discarded and the next COC pack should be started right away.

Long-term treatment
For women on long-term treatment with enzyme-inducing medicinal products, an alternative method of reliable, non- hormonal, method of contraception unaffected by enzyme inducing medicinal product should be considered.

The following interactions have been reported in the literature

Substances increasing the clearance of Lumivela (diminished efficacy of COCs by enzyme-induction), e.g.:
Phenytoin, phenobarbital, primidone, bosentan, carbamazepine, , rifampicin, some HIV protease inhibitors (e.g. ritonavir), and non-nucleoside reverse transcriptase inhibitors (e.g. nevirapine, efavirenz) and possibly also felbamate, griseofulvin, oxcarbazepine, topiramate, rifabutin and products containing the herbal remedy St. John's Wort (*Hypericum perforatum*).

Substances with variable effects on the clearance of Lumivela
When co-administered with hormonal contraceptives many combinations of HIV protease inhibitors (e.g., nelfinavir) and non- nucleoside reverse transcriptase inhibitors (e.g., nevirapine), and/or combinations with Hepatitis C Virus (HCV) inhibitors (e.g., boceprevir, telaprevir) can increase or decrease plasma concentrations of progestogens, including etonogestrel or estrogens. The net effect of these changes may be clinically relevant in some cases.
Therefore, the prescribing information of concomitant HIV/HCV medications should be

consulted to identify potential interactions and any related recommendations. In case of any doubt, an additional barrier contraceptive method should be used by women on protease inhibitor or non-nucleoside reverse transcriptase inhibitor therapy.

Substances that decrease the clearance of Lumivela (enzyme inhibitors)
The clinical relevance of potential interactions with enzyme inhibitors remains unknown.
Concomitant administration of strong (e.g., ketoconazole, itraconazole, clarithromycin) or moderate (e.g., fluconazole, diltiazem, erythromycin) CYP3A4 inhibitors may increase the serum concentrations of estrogens or progestagens, including etonogestrel.

Etoricoxib doses of 60 to 120 mg/day have been shown to increase plasma concentrations of ethinylestradiol 1.4 to 1.6-fold, respectively when administered together with a combined hormonal contraceptive containing 0.035 mg ethinylestradiol.

Effects of Lumivela on other medicinal products

Oral contraceptives may affect the metabolism of certain drugs. Accordingly, plasma and tissue concentrations may either increase (e.g. ciclosporin) or decrease (e.g. lamotrigine).

Clinical data suggests that ethinylestradiol inhibits the clearance of CYP1A2 substrates, leading to a lighter (e.g. theophylline) or moderate (e.g. tizanidine) increase of the plasma concentrations of these agents.

Laboratory analyses
The use of contraceptive steroids may influence the results of certain laboratory tests, including biochemical parameters of liver, thyroid, adrenal and renal function, plasma levels of (carrier) proteins, e.g. corticosteroid binding globulin and lipid/lipoprotein fractions, parameters of carbohydrate metabolism and parameters of coagulation and fibrinolysis. Changes generally remain within the normal laboratory range.

4.6 Fertility, pregnancy and lactation

Pregnancy
Lumivela is not indicated during pregnancy. If pregnancy occurs during treatment with Lumivela, further intake should be stopped immediately. However, most epidemiological studies have revealed neither an increased risk of birth defects in children born to women who used COC prior to pregnancy, nor a teratogenic effect when COCs were taken during early pregnancy.

The increased risk of VTE during the postpartum period should be considered when re-starting Lumivela (see section 4.2 and 4.4).

Breastfeeding
Lactation may be influenced by COCs as they may reduce the quantity and change the composition of breast milk. Therefore, the use of COCs should generally not be recommended until the nursing mother has completely weaned her child. Small amounts of the contraceptive steroids and/or their metabolites may be excreted with the milk but there is no evidence that this adversely affects infant health.

4.7 Effects on ability to drive and use machines

No effects on ability to drive and use machines have been observed.

4.8 Undesirable effects

Description of selected adverse reactions

An increased risk of arterial and venous thrombotic and thromboembolic events, including myocardial infarction, stroke, transient ischaemic attacks, venous thrombosis and pulmonary embolism has been observed in women using CHCs, which are discussed in more detail in section 4.4.

As with all COCs, changes in bleeding patterns may occur, especially during the first months of use. These may include changes in bleeding frequency (absent, less, more frequent or continuous), intensity (reduced or increased) or duration.

Possibly related undesirable effects that have been reported in users of Lumivela or COC users in general are listed in the table below[1]: All ADRs are listed by system organ class and frequency; common (≥1/100), uncommon (≥1/1000 to <1/100) and rare (<1/1000) and not known (cannot be estimated from the available data).

System Organ Class	Common	Uncommon	Rare	Not known
Immune system disorders			Hypersensitivity	Exacerbation of symptoms of hereditary and acquired angioedema.
Metabolism and nutrition disorders		Fluid retention		
Psychiatric disorders	Depressed mood Altered mood	Libido decreased	Libido increased	
Nervous system disorders	Headache	Migraine		
Eye disorders			Contact lens intolerance	
Vascular disorders			Venous thromboembolism (VTE) Arterial thromboembolism (ATE)	
Gastrointestinal disorders	Nausea Abdominal pain	Vomiting, diarrhoea		
Skin and subcutaneous tissue disorders		Rash Urticaria	Erythema nodosum Erythema multiforme	

Reproductive system and breast disorders	Breast tenderness Breast pain	Breastenlargement	Vaginal discharge Breast discharge	
Investigations	Weight increased		Weight decreased	

[1] The most appropriate MedDRA term to describe a certain adverse event reaction is listed. Synonyms or related conditions are not listed, but should be taken into account as well.

Some adverse reactions reported by COC users are described in detail in section 4.4, amongst which: hypertension, hormone-dependent tumours (e.g., liver or breast tumours) and chloasma.

Interactions
Breakthrough bleeding and/or contraceptive failure may result from interactions of other drugs (enzyme inducers) with oral contraceptives (see section 4.5).

Reporting of suspected adverse reactions
Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via the national reporting system{to be completed nationally}*.

4.9 Overdose

There have been no reports of serious, harmful effects after overdose.
Symptoms that may occur in this case are: nausea, vomiting and, in young girls, slight vaginal bleeding. There are no antidotes, and further treatment should be symptomatic.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Progestogens and estrogens, fixed combinations. ATC Code: G03A A09.

The contraceptive effect of CHCs is based on interaction of various factors, the most important of which are seen as the inhibition of ovulation and changes in the cervical secretion. Besides protection against pregnancy, the use of CHCs offers many other advantages that, together with the disadvantages (see sections 4.4 and 4.8), are important when choosing an adequate birth control method. The cycle is more regular and menstruation is usually less painful and with less bleeding. This causes a lower incidence of iron-deficiency anaemia. Furthermore, using the high-dose of combined oral contraceptives (50 µg ethinylestradiol) shows indications of a smaller chance of fibrocystic breast tumours, ovarian cysts, pelvic inflammatory disease (PID), ectopic pregnancy, and endometrial and ovarian cancer. Whether this also applies to the low-dose combined oral contraceptives has yet to be confirmed.

Paediatric population
No clinical data on efficacy and safety are available in adolescents below 18 years.

5.2 Pharmacokinetic properties

Desogestrel

Absorption

After oral administration of Lumivela, desogestrel is rapidly absorbed and converted into etonogestrel. Peak plasma levels of approx. 2 ng/ml are reached at about 1.5 hours after a single dose administration. The absolute bioavailability of 3-keto-desogestrel is 62-81 %.

Distribution

Etonogestrel is bound to serum albumin and to sex hormone binding globulin (SHBG). Only 2-4% of the total serum drug concentrations are present as free steroid, 40-70% are specifically bound to SHBG. The ethinylestradiol-induced increase in SHBG influences the distribution over the serum proteins, causing an increase of the SHBG-bound fraction and a decrease of the albumin-bound fraction. The volume of distribution of desogestrel is 1.5 l/kg.

Biotransformation

Etonogestrel is completely metabolised by the known pathways of steroid metabolism. The clearance rate of etonogestrel from serum is about 2 ml/min/kg. No interaction was found with the co-administered ethinylestradiol.
Elimination

Etonogestrel serum levels decrease in two phases. The terminal disposition phase is characterised by a half-life of approximately 30 hours. Desogestrel and its metabolites are excreted at a urinary to biliary ratio of about 6:4.
Steady-State conditions

Etonogestrel pharmacokinetics are influenced by SHBG levels, which are increased threefold by ethinylestradiol. Following daily ingestion, drug serum levels increase about two- to threefold, reaching steady state conditions during the second half of a treatment cycle.

Ethinylestradiol

Absorption

Orally administered ethinylestradiol is rapidly and completely absorbed. Peak serum concentrations of about 80 pg/ml are reached within 1.2 hours after intake of one dosage. Absolute bioavailability as a result of presystemic conjugation and first pass metabolism is approximately 60%.

Distribution

Ethinylestradiol is highly but non-specifically bound to serum albumin (approximately 98.5%) and induces an increase in the serum concentrations of SHBG. An apparent volume of distribution of

about 5 l/kg was determined.

Biotransformation

Ethinylestradiol is subject to presystemic conjugation both in small bowel mucosa and the liver. Ethinylestradiol is primarily metabolised by aromatic hydroxylation but a wide variety of hydroxylated and methylated metabolites are formed, and these are present as free metabolites and as conjugates with glucuronides and sulphate. The metabolic clearance rate of ethinylestradiol is about 5 ml/min/kg.
In vitro, ethinylestradiol is a reversible inhibitor of CYP2C19, CYP1A1 and CYP1A2, and also a mechanistic inhibitor of CYP3A4/5, CYP2C8, and CYP2J2.

Elimination

Ethinylestradiol serum levels decrease in two phases, the terminal disposition phase is characterised by a half-life of approximately 24 hours. Unchanged drug is not excreted; ethinylestradiol metabolites are excreted at urinary to biliary ratio of 4:6. The half-life of metabolite excretion is about 1 day.

Steady-State Conditions

Steady state conditions are obtained after 3 to 4 days, when the serum ethinylestradiol level is approx. 30 to 40% higher than after the administration of a single dose.

5.3 Preclinical safety data

Preclinical studies on ethinylestradiol and desogestrel revealed no special hazard for humans when COCs are used according to the instructions. This conclusion is based on conventional studies of repeated dose toxicity, genotoxicity, carcinogenic potential and toxicity to reproduction. However, it must be borne in mind that sex steroids can promote the growth of certain hormone-dependent tissues and tumours.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Active film-coated tablets (white):

- **Tablet core:**
  Lactose monohydrate
  Maize starch
  Povidone K-30 (E1201)
  RRR-Alpha-tocopherol (E307)
  Soybean oil
  Silica colloidal hydrated (E551)
  Silica colloidal anhydrous (E551)
  Stearic acid (E570)
- **Tablet film-coating:**
  Hypromellose 2910 (E464)
  Macrogol 400
  Titanium dioxide (E171)

Placebo film-coated tablets (green):

- **Tablet core:**
  Lactose monohydrate
  Maize starch
  Povidone K-30 (E1201)
  Silica colloidal anhydrous (E551)
  Magnesium stearate (E572)
- **Tablet film-coating**:
  Hypromellose 2910 (E464)
  Triacetin (E1518)
  Polysorbate 80
  Titanium dioxide (E171)
  FD & C Blue 2 Aluminium lake (E132)
  Yellow Iron Oxide (E172)

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

24 months

6.4 Special precautions for storage

Do not store above 30ºC. Store in the original package in order to protect from light.

6.5 Nature and contents of the container

Blisters of aluminium push-through foil and clear to slight opaque PVC/PVDC film.

Pack sizes:
1 x 21+7 film-coated tablets (21 active tablets plus 7 placebo tablets)
3 x 21+7 film-coated tablets (21 active tablets plus 7 placebo tablets)
6 x 21+7 film-coated tablets (21 active tablets plus 7 placebo tablets)
13 x 21+7 film-coated tablets (21 active tablets plus 7 placebo tablets)

Not all pack sizes may be marketed.

6.6 Special precautions for disposal

Any unused medicinal product or waste material should be disposed of in accordance with local requirements.

7. MARKETING AUTHORISATION HOLDER

Exeltis Healthcare S.L.
Av. Miralcampo 7-Poligono Ind. Miralcampo
19200, Azuqueca de Henares, Guadalajara
Spanje

8. MARKETING AUTHORISATION NUMBERS

RVG 121094

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Datum van eerste verlening van de vergunning: 4 september 2018
Datum van laatste verlenging: 13 juni 2023

10. DATE OF REVISION OF THE TEXT

Laatste gedeeltelijke wijziging betreft de rubrieken 2, 3, 4.1, 4.2, 4.4 t/m 4.9 en 5.1 t/m 5.3: 20 september 2024