

# Cimizt®

(150 mcg desogestrol +  
30 mcg ethinylestradiol)

## Oral contraceptive pill

Take  
Cimizt®  
with  
confidence



### About your pack of Cimizt®

Each pack of Cimizt® contains 63 tablets presented in 3 x 21 blister pack strips, which is sufficient for 3 separate 28 day cycles of contraceptive cover.

Each box of Cimizt® also contains a detailed **Patient Information Leaflet**, which you should read carefully and put in a safe place. This provides important information that you should know when taking Cimizt®, such as guidance on:

- What to do if you miss a pill or several pills
- What to do if you are late taking your pill
- Medicines or illnesses that could make your pill less effective
- Potential side effects, and what to do if they occur
- Warning signs that indicate you should stop taking Cimizt® and consult your doctor

You can also find out about Cimizt® at: [www.morningsidecontraceptives.com](http://www.morningsidecontraceptives.com). Simply go the website and click on 'I have been prescribed a Morningside Contraceptive' then select 'view more' under Cimizt®.

### About your Cimizt® prescription

Your doctor or other healthcare provider has prescribed Cimizt® as your oral contraceptive method.

Cimizt® is a combined oral contraceptive or 'birth control' pill that is taken to prevent pregnancy.<sup>1</sup> Each tablet contains 150 micrograms of desogestrel and 30 micrograms of ethinylestradiol.<sup>1</sup>

One tablet of Cimizt® should be taken every day until the blister strip is completed, followed by a 7 day pill-free interval before starting the next blister strip of Cimizt® tablets.<sup>1</sup>

### If you received Marvelon® previously

Cimizt® contains the same active ingredients in the same amounts as Marvelon®, and is therefore considered to work in the same way.<sup>1-4</sup>

**Changing to Cimizt® is as simple as getting used to the new packaging – you'll take the same number of tablets each month, and request repeat prescriptions in the same way as when you took Marvelon®.<sup>1,2</sup> When taken correctly, Cimizt® is just as effective at preventing pregnancy as Marvelon®.<sup>3,4</sup>**

### Things to remember when taking Cimizt®

**Please read the Patient Information Leaflet carefully**

You can download a replacement leaflet from <https://www.medicines.org.uk/emc/files/pil.9568.pdf> if you lose or misplace the leaflet that was provided in the box with your Cimizt® tablets.

**Request your repeat prescription before you run out of tablets**

Please ensure that you contact your GP surgery before you finish the last blister strip provided in your Cimizt® box (i.e. prior to the pill-free interval). This is important as you may need to allow time to schedule a check-up with a healthcare professional before you are given a repeat prescription.

**If you want to ask any questions about the information contained in your Patient Information Leaflet or if you have any concerns, please speak to your doctor or other healthcare provider for advice and guidance.**

Marvelon® is a registered trademark of Organon Pharma (UK) Ltd.

Cimizt® is marketed in the UK by Morningside Healthcare Limited, Unit C, Harcourt Way, Leicester, LE19 1WP, UK.

**References:** 1. Morningside Healthcare Ltd. Cimizt 150 microgram/30 microgram Tablets. Summary of Product Characteristics. August 2021. Available at: <https://www.medicines.org.uk/emc/product/9568> (accessed August 2022); 2. Organon Pharma (UK) Ltd. Marvelon Tablets. Summary of Product Characteristics. April 2022. Available at: <https://www.medicines.org.uk/emc/product/1359> (accessed August 2022); 3. MHRA. UK PAR Cimizt 150 microgram/30 microgram tablets. Available at: <https://mhraproductsproduction.blob.core.windows.net/docs/4a1ca9185731e16b811c8e44107621fcb279801e> (accessed August 2022); 4. Netherlands Medicines Evaluation Board. Public Assessment Report Desogestrel/Ethinylestradiol Fanny 150/20 and 150/30 microgram tablets. August 2012. Available at: <https://www.geneesmiddeleninformatiebank.nl/Pars/h108164.pdf> (accessed August 2022).

**Patient Prescription Advisory Leaflet: Patients should always speak to their healthcare provider with any medical enquiries or concerns.**

#### Reporting of side effects

If you get any side effects, talk to your doctor or healthcare provider. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help to provide more information on the safety of this medicine. Adverse events should also be reported to Morningside Healthcare Ltd.'s Medical Information Department on Tel: 0116 478 0322