

# レソエル<sup>®</sup>72

## LESOERU<sup>®</sup>72

### Checklist for proper use

#### Introduction

- This medicine is used as an emergency contraceptive when contraception fails or after intercourse without contraception.
- You may be required to use a pregnancy test at the time of purchase.
- Depending on your health status and if there is a possibility of an existing pregnancy, you may be unable to purchase the product. Whether you are able to purchase will be determined based on consultation with a pharmacist who has completed training in the handling of emergency contraceptives (hereinafter referred to as a trained pharmacist).

Before purchasing, please make sure to complete this check sheet. If you have any questions, please consult the trained pharmacist.

Please check  boxes applicable to you and fill in all necessary information.

- [1]**  Am male  
 Not the person in need of emergency contraceptive (came in their place)  
 It has been more than 72 hours since the intercourse which may have led to pregnancy.  
Date and time of the intercourse in question:  
Date: Y:    M:    D:    Time :     AM  PM  
Approximately    hours have passed

If one or more  
applies

This drug cannot  
be sold.  
The person (woman)  
in need of emergency  
contraceptive should  
consult a  
healthcare provider.

None of the above

- [2]** Do you agree to take the pill in the presence of a trained pharmacist?  
(so that the trained pharmacist can confirm your use of the drug)  
 Don't agree  
 Agree

Don't agree

As you are not  
eligible to take this  
drug, you should  
consult a  
healthcare  
provider.

Agree

- [3]**  Have had an allergic reaction in the past to pharmaceutical products  
such as emergency contraceptives which contain levonorgestrel  
 Are currently pregnant  
 Have been diagnosed with liver disease

One or more  
items apply

None of the above

- [4]**  Currently being treated by a doctor  
 Have had allergic symptoms in the past while taking other  
medications, etc.  
 Have been diagnosed with heart disease  
 Have been diagnosed with kidney disease  
 Have been diagnosed with a severe digestive disorder that interferes  
with the absorption of food or medicine  
 Planning to breastfeed within 24 hours of taking  
 Am ingesting food containing hypericum perforatum (St John's wort),  
and want to continue to ingest it after using this drug

If any apply

Please consult a  
trained pharmacist  
about taking this  
drug.

If it is determined  
that you cannot  
take this drug, you  
should consult a  
healthcare  
provider.

None of the above

After consultation, it has been  
determined that it is okay to proceed

Please proceed to the back

In order to determine if you are already pregnant, please fill out about your menstrual (period) cycle, etc.

[5] (1) What was the start date of your last menstrual period and what is your menstrual cycle?

- Last menstrual period Start Date Y:      M:      D:      (Lasted      days)  
Bleeding       Same as always       Less than usual  
Length (days)       Same as always       Shorter than usual
- Menstrual cycle\*       Regular (every      days)       Irregular (about every      to      days)       Not sure  
 Menstruation has not resumed since childbirth, miscarriage, or abortion

\*Days between the start of each menstrual cycle

(2) Have you had sexual intercourse during the following period?

3 or more weeks ago (does not include instances before the start of the menstrual cycle preceding your most recent one)?

No     Yes

Within 3 weeks (does not include the instance filled out in [1])?

No     Yes

Apart from instances filled out in [1] have there been any instances of intercourse where you are worried about the possibility of pregnancy since your last menstrual cycle?

No     Yes

**End of questions regarding eligibility to purchase**

**[If it is determined you are eligible to take the drug, please take note of the following]**

This drug cannot prevent pregnancy in all cases.

In a clinical trial conducted in Japan, taking emergency contraceptive within 72 hours of sexual intercourse prevented pregnancy 81% of the time.

- If you vomit within 2 hours of taking this drug, please consult a healthcare provider as soon as possible.
- You may be pregnant (etc.) if, after taking this drug, you experience any of the symptoms below. Please bring the information sheet accompanying this drug and either consult a doctor or pharmacist or visit a healthcare provider.
  - (1) If menstruation (period) does not begin for more than 7 days after the expected start date (for a 28-day cycle approximately 1 month after the start of the most recent menstrual cycle (period) before taking the drug)
  - (2) If any of the following continues for 7 or more days: bleeding similar to menstruation, headache, nausea, fatigue, drowsiness, or other symptoms seen during menstruation (period) or early pregnancy
  - (3) If menstruation (period) begins earlier than expected (for a 28-day cycle, approximately 1 month after the start of the most recent menstrual cycle (period) before taking the drug) or if the amount of bleeding is different from usual
- This drug is not effective if you are already pregnant before taking it. Do not take if you are pregnant.
- This drug is an emergency contraceptive intended to be taken after intercourse. You may become pregnant even after taking this drug, so if you regularly use contraception, please continue to use contraceptive methods that are highly effective such as low-dose oral contraceptives.
- Taking this drug before intercourse cannot prevent pregnancy.
- It is not possible to know whether the drug has been effective immediately after use. Please check for pregnancy by either using a pregnancy test or visiting a healthcare provider 3 weeks after taking the drug. If a pregnancy test confirms you are pregnant, please consult a healthcare provider as soon as possible.
- Regarding ectopic pregnancies  
An ectopic pregnancy is when a fertilized egg implants outside of the uterus.  
They are not a risk specific to this drug and occur in 1-2% of all pregnancies, with approximately 90% of all cases occurring in the fallopian tubes. The main symptoms are lower abdominal pain and genital bleeding following amenorrhea (a missed period/lack of menstruation). Please be aware that the symptoms are similar to those of menstruation or miscarriage.  
As ectopic pregnancies follow a different course than normal pregnancies, they may cause acute abdominal pain, acute bleeding, and/or death. If you experience lower abdominal pain or genital bleeding after taking this drug, please consult a healthcare provider.
- If you are breastfeeding  
Avoid breastfeeding for at least 24 hours after taking this drug.

Please confirm

Have you read and understood the above information?  Yes

**Please consult a healthcare provider if you have concerns regarding taking this drug or anything else.**

[A] Please provide the following information to help us determine what support information to provide.

- (1) I am under 16 years old  Yes     No
- (2) I have taken emergency contraceptive before  Yes     No
- (3) For those who answered "Yes" in (2):    Previously taken \_\_\_\_\_ times    Last time taken Y: \_\_\_\_\_ M: \_\_\_\_\_ D: \_\_\_\_\_
- (4) I am a short-term resident and will no longer be in Japan in 3 weeks  Yes     No

**After receiving an explanation from a trained pharmacist, please carefully read all the information materials provided before purchasing. If you have any questions, please consult the trained pharmacist.**