

Visanne Factsheet canoe.ca health

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Visanne

(dienogest)

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DIN (Drug Identification Number)

02374900 VISANNE 2MG
TABLET

What side effects are possible with Visanne?

Many medications can cause side effects. A side effect is an unwanted response to a medication when it is taken in normal doses. Side effects can be mild or severe, temporary or permanent.

The side effects listed below are not experienced by everyone who takes this medication.

If you are concerned about side effects, discuss the risks and benefits of this medication with your doctor.

The following side effects have been reported by at least 1% of people taking this medication. Many of these side effects can be managed, and some may go away on their own over time.

Contact your doctor if you experience these side effects and they are severe or bothersome. Your pharmacist may be able to advise you on managing side effects.

- **acne**
- breast discomfort
- decreased interest in sexual activity
- depressed mood
- difficulty sleeping
- hair loss
- headache
- increased migraine headache
- irritability
- nausea
- nervousness
- vomiting
- weakness
- weight gain

Although most of the side effects listed below don't happen very often, they could lead to serious problems if you do not check with your doctor or seek medical attention.

Check with your doctor as soon as possible if any of the following side effects occur:

- **abdominal pain**
- breast pain or enlargement
- changes in vaginal bleeding (spotting, breakthrough bleeding, prolonged or heavier bleeding, or complete stoppage of menstrual periods)
- mood swings
- dry skin or patchy change of skin colour
- signs of anemia (e.g., pale skin, fatigue, difficulty breathing)
- signs of depression (e.g., poor concentration, changes in weight, changes in sleep, decreased interest in activities, thoughts of suicide)
- signs of liver problems (e.g., nausea, vomiting, **diarrhea**, loss of appetite, weight loss, yellowing of the skin or whites of the eyes, dark urine, pale stools)
- unusual or unexpected uterine bleeding or spotting

Stop taking the medication and seek immediate medical attention if any of the following occur:

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- signs of a blood clot in blood vessels, such as sudden vision change or dizziness, chest pain, difficulty breathing, heart palpitations, pain and swelling in leg or arm

Some people may experience side effects other than those listed. Check with your doctor if you notice any symptom that worries you while you are taking this medication.

Are there any other precautions or warnings for Visanne?

Before you begin using a medication, be sure to inform your doctor of any medical conditions or allergies you may have, any medications you are taking, whether you are pregnant or breast-feeding, and any other significant facts about your health. These factors may affect how you should use this medication.

Birth control: Dienogest is not a birth control pill. While taking this medication a non-hormonal method of birth control should be used, such as condoms or a diaphragm. Hormonal methods of birth control (e.g., birth control pills, patches, rings) should not be used in combination with dienogest.

Blood clots: Dienogest may increase the risk of developing blood clots in the lungs and legs. This risk also increases with age, a personal or family history of blood clots, smoking, and obesity. The risk of blood clots is also increased if you are immobilized for prolonged periods and with major surgery. If possible, this medication should be stopped 4 weeks before major surgery. Talk about the risk of blood clots with your doctor.

Breast cancer: Some studies have shown that the risk of developing breast cancer does not appear to be increased by using progestin-only medication such as dienogest. However, more studies are needed to confirm that there is no increased risk. The most significant risk factors for breast cancer are increasing age and a strong history of breast cancer in the family (sister or mother). Let your doctor know if you notice any breast lumps. Talk to your doctor about regular breast exams.

Cigarette smoking: Cigarette smoking increases the risk of serious side effects on the heart and blood vessels. This risk increases with age and becomes significant after age 35. Do not smoke if you use this medication, especially if you are over 35. Consider

stopping smoking before taking this medication. If you smoke, discuss with your doctor how this medication may affect your medical condition, how your medical condition may affect the dosing and effectiveness of this medication, and whether any special monitoring is needed.

Depression: Hormones, such as estrogen and progestins, have been known to cause mood swings and symptoms of depression. If you have depression or a history of depression, discuss with your doctor how this medication may affect your medical condition, how your medical condition may affect the dosing and effectiveness of this medication, and whether any special monitoring is needed.

If you experience symptoms of depression such as poor concentration, changes in weight, changes in sleep, decreased interest in activities, or notice them in a family member who is taking this medication contact your doctor as soon as possible.

Diabetes: As with other progestins, dienogest may cause changes in **blood glucose** control. Women with diabetes should monitor their blood glucose closely to detect any changes in blood glucose control that sometimes occur with use of hormones. If you have diabetes or are at risk for developing **diabetes**, discuss with your doctor how this medication may affect your medical condition, how your medical condition may affect the dosing and effectiveness of this medication, and whether any special monitoring is needed. If you experience symptoms of high **blood glucose** such as increased need to urinate at night, a fruity odour to your breath or wounds that require longer than normal to heal, contact your doctor.

Irregular menstruation: Irregular menstrual patterns are common among women taking progestin like dienogest. If you notice changes in your usual menstrual patterns, check with your doctor. If you go a prolonged time without bleeding, you should have a pregnancy test.

Liver disease: Dienogest may affect liver function. This medication is not recommended for people with liver problems.

If you experience symptoms of liver problems such as fatigue, feeling unwell, loss of appetite, nausea, yellowing of the skin or whites of the eyes, dark urine, pale stools, **abdominal pain** or swelling, and **itchy skin**, contact your doctor immediately.

Osteoporosis: Dienogest may decrease estrogen levels in the body and increase the risk of osteoporosis (a condition where parts of the bone become weak and prone to fracture). If you are at an increased risk of osteoporosis, your doctor will monitor you while you are taking dienogest.

Pregnancy: This medication should not be used during pregnancy. If you become pregnant while taking this medication, contact your doctor immediately. Women who become pregnant while taking dienogest are at a slightly increased risk of having an ectopic pregnancy (a pregnancy where the embryo develops outside the uterus).

Breast-feeding: It is not known if dienogest passes into breast milk. This medication should not be taken while breast-feeding.

Children: The safety and effectiveness of using this medication have not been established for children. Dienogest is not intended for use by females who have not begun to menstruate.

What other drugs could interact with Visanne?

There may be an interaction between dienogest and any of the following:

- acitretin
- adapalene
- antidepressants (e.g., fluoxetine, fluvoxamine)
- antiretroviral medications (e.g., indinavir, ritonavir, nevirapine)
- aprepitant
- azole antifungals (e.g., ketoconazole, itraconazole, voriconazole)
- benzodiazepines (e.g., alprazolam, diazepam, lorazepam)
- barbiturates (e.g., phenobarbital)
- bosentan
- calcium channel blockers (e.g., diltiazem, nifedipine, verapamil)
- carbamazepine
- chloral hydrate
- cholestyramine
- colestipol
- danazol
- ethosuximide
- fosphenytoin
- grapefruit juice
- griseofulvin
- hormonal birth control (e.g., birth control pills, patches, rings)
- isotretinoin
- lamotrigine
- macrolide antibiotics (e.g., clarithromycin, erythromycin)
- meprobamate
- mycophenolate
- oxcarbazepine
- phenytoin
- primidone
- rifabutin
- rifampin
- St. John's wort
- topiramate
- tranexamic acid
- tretinoin
- warfarin

If you are taking any of these medications, speak with your doctor or pharmacist.

Depending on your specific circumstances, your doctor may want you to:

- stop taking one of the medications,
- change one of the medications to another,
- change how you are taking one or both of the medications, or
- leave everything as is.

An interaction between two medications does not always mean that you must stop taking one of them. Speak to your doctor about how any drug interactions are being managed or should be managed.

Medications other than those listed above may interact with this medication. Tell your doctor or prescriber about all prescription, over-the-counter (non-prescription), and herbal medications you are taking. Also tell them about any supplements you take. Since caffeine, alcohol, the nicotine from cigarettes, or street drugs can affect the action of many medications, you should let your prescriber know if you use them.