

Starting LYBREL®

To begin taking LYBREL, simply take a LYBREL pill once a day, at the same time every day. If you are making the transition to LYBREL from another method of birth control, or you're currently not taking any birth control, the following table shows you how to get started:

HOW TO BEGIN TAKING LYBREL FOR MAXIMUM EFFECTIVENESS AGAINST PREGNANCY		
What hormonal birth control are you currently using?	When to start taking LYBREL	Do I need a nonhormonal backup method (such as condoms and/or spermicide)?
None	Day 1 of your menstrual cycle, during the first 24 hours of your period	No
21-, 24-, or 28-day birth control pill regimen	Day 1 of your period (withdrawal bleed), no more than 7 days after the last "active" (hormone) pill	No
Progestin-only pill	Talk to your health care professional	
Hormonal implant	Talk to your health care professional	
Hormonal injection	Talk to your health care professional	

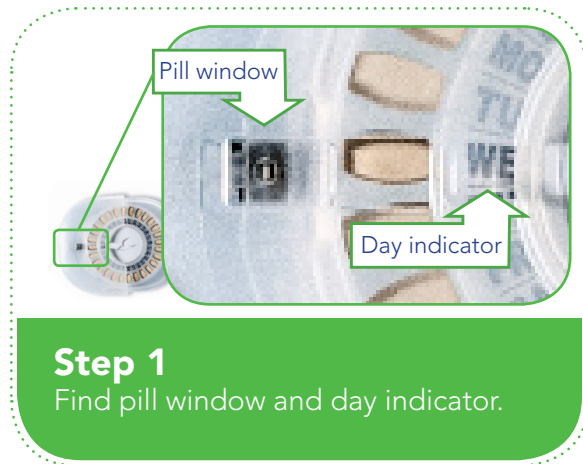
Please [click here](#) to print the patient package insert, available at lybrel.com.

Please see [Important Safety Information](#) on page 3.



Visit www.lybrel.com

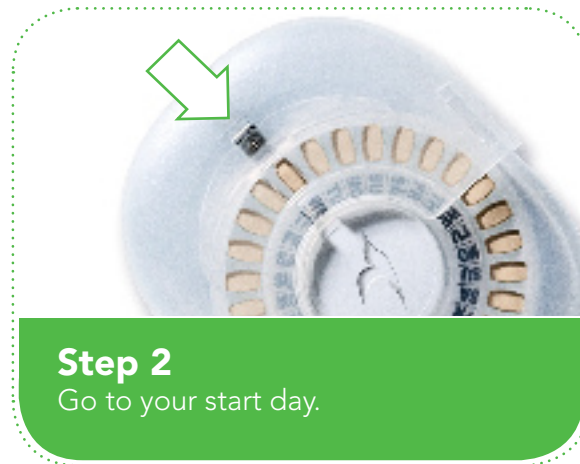
LYBREL® pills come in the convenient LYBREL ClickCase™, providing an easy way to take them as directed. To take LYBREL using the ClickCase™, follow these 3 steps:



Step 1

Find pill window and day indicator.

Look at your ClickCase™ dispenser. Find the pill window and day indicator. Place the case lengthwise in the palm of your hand, so that the pill window and day indicator are visible.



Step 2

Go to your start day.

Make note of the day that lines up with the window. If the desired start day is not aligned with the window, firmly squeeze the ends of the case together until it clicks. Then fully RELEASE. Keep clicking and releasing until you reach the desired start day.



Step 3

Hold, turn over, and dispense the pill.

To take your pill, firmly squeeze the ends of the case together until it clicks; do NOT release. Turn the case over and allow the pill to drop out into your other hand. Before releasing, turn the case back over, then fully RELEASE, and the next day's pill automatically advances.

Be sure you have ready at all times

- **Another kind of nonhormonal birth control** (such as condoms and/or spermicide) to use as backup in case you miss pills.
- **An extra, full pill pack.** You should always remember to refill your prescription so you have an extra, full pill pack on hand. This way, you can continue taking your pill each day, without interruption.

Please see [Important Safety Information](#) on page 3.

Lybrel
(90 mcg levonorgestrel/
20 mcg ethinyl estradiol)
TABLETS

Visit www.lybrel.com

Important Safety Information

- **The Pill does not protect against HIV or other sexually transmitted diseases.**
- Unscheduled bleeding or spotting is likely to occur while you are taking LYBREL. The convenience of having no regular menstrual periods should be weighed against the inconvenience of unscheduled or unplanned breakthrough bleeding and spotting.
- Some women should not use the Pill, including women who have blood clots; breast, uterine, or liver cancers; a history of heart attack, stroke, or breast cancer; as well as those who are or may be pregnant.
- Serious risks associated with the Pill which can be life threatening, include blood clots, stroke, and heart attacks and are increased if you smoke cigarettes.

Cigarette smoking increases the risk of serious adverse effects on the heart and blood vessels from oral contraceptive use, especially if you are over 35. Women who use the Pill are strongly advised not to smoke.

- LYBREL provides women with more hormonal exposure on a yearly basis (13 additional weeks of hormone intake per year) than conventional cyclic oral contraceptives containing the same strength of synthetic estrogens and similar strength of progestins.
- Because regular monthly bleeding does not occur on LYBREL, it may be difficult to recognize if you get pregnant. If you suspect that you may be pregnant, or if you have symptoms of pregnancy such as nausea/vomiting or unusual breast tenderness, you should have a pregnancy test and you should contact your health care professional.
- The most common side effects reported with LYBREL in a clinical trial were headache, menstrual cramps, upper respiratory infection, vaginal bleeding, and nausea.

Lybrel 
(90 mcg levonorgestrel/
20 mcg ethinyl estradiol)
TABLETS