

This Pharmacy supply aid checklist is designed to assist you with your consultations with women requesting Hana in pharmacy, allowing you to check their suitability and provide appropriate advice. Use of this material is optional, and you should use your professional judgement to decide when and how to use it.

Before using the checklist to check suitability for a first-time supply of Hana, ask the woman if she is aware of other contraceptive options. If not, signpost her to a reliable source such as the “Contraceptive options” leaflet (available here: [link to be inserted]) or <https://www.nhs.uk> for information, and advise her to see her doctor if she is interested in an option other than Hana. Confirm she is willing for her suitability for Hana to be checked, and to be supplied it if appropriate, while she evaluates other options.

Please provide women who have never used desogestrel before or who have not used it for several months with a checklist to complete. On return, refer to the question/s that the woman has answered to reveal a Red Box Answer. If only Green Box Answers are revealed, **supply Hana** and advise her how to start taking Hana.

First-Time Supply – women who have never used desogestrel before or who have not used it for several months	
Checklist question	Pharmacist action
How old are you?	<p>If the woman is <u>under 16 years of age</u>, only supply Hana if she meets Fraser Guidelines i.e. you are satisfied that:</p> <ul style="list-style-type: none"> • she will understand the advice and what is involved • she cannot be persuaded to inform her parents, or allow you to do so • she is very likely to begin, or continue to have, sex without contraception • without contraceptive advice or treatment, her physical and/or mental health would suffer • her best interests require her to receive contraceptive advice or treatment with or without parental consent <p>If the woman is <u>under 18 years of age</u>, do not supply >3 months of Hana.</p>
Is there any possibility that you may be pregnant?	<p><i>Consider referring to the Pregnancy exclusion tool included in the Pharmacy guide.</i></p> <p>Pregnancy can reasonably be excluded in women who have not recently been pregnant if the woman:</p> <ul style="list-style-type: none"> • has not had unprotected sex since the start of last period, or • has been consistently and correctly using a reliable method of contraception (including condoms, when those have been used correctly for every episode of sex), or • has had unprotected sex but only between days 1 and 5 of menstrual cycle <p>Pregnancy can reasonably be excluded in women who have recently been pregnant following:</p> <ul style="list-style-type: none"> • childbirth if the woman: <ul style="list-style-type: none"> ○ has not had unprotected sex since childbirth, or ○ has had unprotected sex but <21 days after childbirth, or ○ is fully breastfeeding, amenorrhoeic and <6 months postpartum • miscarriage, abortion or ectopic pregnancy if the woman: <ul style="list-style-type: none"> ○ has not had unprotected sex since miscarriage, abortion or ectopic pregnancy, or ○ has had unprotected sex but <5 days after miscarriage, abortion or ectopic pregnancy <p>If pregnancy can reasonably be excluded, supply Hana and refer to instructions for starting in below section.</p>

	<p>If pregnancy cannot reasonably be excluded:</p> <ul style="list-style-type: none"> • start Hana on day 1 of next period with extra precautions (e.g. condom) until then, or on days 2-5 with extra precautions for another 7 days <ul style="list-style-type: none"> ○ if period is already late or not when expected: take pregnancy test (≥ 3 weeks after last episode of unprotected sex) or visit doctor ○ if the woman had unprotected sex <5 days ago: consider emergency contraception
Do you experience any bleeding between your periods or after sex?	<p>It is important to know the cause of any pre-existing vaginal bleeding abnormalities before starting Hana.</p> <p>Do not supply Hana if vaginal bleeding has an unexplained cause; refer to doctor to exclude underlying pathology.</p>
Do you currently have or have you previously had any health conditions? (e.g. cancer, liver disorders or jaundice, a blood clot, diabetes, high blood pressure)	<p>Do not supply Hana if the woman has:</p> <ul style="list-style-type: none"> • breast cancer or other known or suspected sex-steroid sensitive cancers (e.g. ovarian or uterine cancer) • unresolved severe liver disorders (blood tests show liver function values have not returned to normal) • active venous thrombosis or pulmonary embolism <p>Refer to doctor for assessment before supplying Hana if the woman has:</p> <ul style="list-style-type: none"> • a history of breast, ovarian or uterine cancer • current liver cancer or other liver disorders • Type 1 or Type 2 diabetes <p>If none of these conditions apply, Hana is suitable.</p> <p>Hana is also suitable for women with a history of chloasma or thromboembolic disorders, or high blood pressure, but advise her:</p> <ul style="list-style-type: none"> • chloasma: can develop/recur, avoid sun or UV exposure whilst taking Hana • thromboembolic disorders: can recur, visit doctor urgently if VTE symptoms are experienced (e.g. warm or swollen, painful leg; shortness of breath; or coughing up blood) • high blood pressure: see doctor if sustained hypertension develops, or significant increase in blood pressure does not respond to antihypertensives
Do you have any allergies?	<p>If desogestrel or one of the excipients (refer to SmPC or Pharmacy guide for a full list), do not supply Hana and refer to doctor.</p>
Are you currently taking any regular medication or herbal remedies, or have you recently taken any other medication?	<p>Ask woman for further information. Listen out for:</p> <ul style="list-style-type: none"> • medications that may interact with Hana (e.g. some treatments for epilepsy, tuberculosis, pulmonary arterial hypertension, high blood pressure, fungal infection, bacterial infection, HIV/HCV, depression and emergency contraception), refer to the SmPC or Pharmacy guide for a full list of medications • intended treatment duration with medications <p>Consult PI of concomitant medications.</p> <p>CYP enzyme-inducing medication: supply Hana but extra precautions required during and 28 days after medication use; other interacting medication: consult PI for recommendations.</p> <p>If interacting medications are used chronically or long-term, Hana may not be appropriate. Refer to doctor for further advice.</p>

First-Time Supply – starting Hana (max supply 3 months)	
Ask whether woman is currently using hormonal contraception.	
Women not currently using hormonal contraception	Women switching hormonal contraception
<p>No contraception use in the past month:</p> <ul style="list-style-type: none"> • start day 1 of bleeding, no extra precautions • start days 2-5, extra precautions for 7 days <p><i>If period is already late or not when expected: take pregnancy test (≥3 weeks after last episode of unprotected sex) / visit doctor:</i></p> <ul style="list-style-type: none"> • <i>if negative, start Hana on day 1 of next period, no extra precautions, or days 2-5 with extra precautions for 7 days</i> • <i>if positive, do not start Hana, visit doctor</i> • <i>if period comes in the meantime, start Hana on day 1 of that period</i> <p>Following miscarriage or abortion:</p> <ul style="list-style-type: none"> • start immediately or within 5 days after miscarriage or abortion, no extra precautions <p>Following childbirth:</p> <ul style="list-style-type: none"> • start 1-21 days after childbirth • if >21 days, extra precautions for 7 days <p><i>If woman had unprotected sex after 21 days post-childbirth, take pregnancy test (≥3 weeks after last episode of unprotected sex) / visit doctor.</i></p>	<p>Confirm woman has used contraception correctly with no unscheduled breaks.</p> <p>Combined pill:</p> <ul style="list-style-type: none"> • start day after last active tablet, no extra precautions <p>Vaginal ring or skin patch:</p> <ul style="list-style-type: none"> • start day of removal, no extra precautions <p><i>If starting on the day after inactive tablet, ring-free or patch-free break, extra precautions for 7 days.</i></p> <p>Mini-pill:</p> <ul style="list-style-type: none"> • start day after last tablet, no extra precautions <p>Injection:</p> <ul style="list-style-type: none"> • start day next injection is due, no extra precautions <p>Implant or intrauterine system:</p> <ul style="list-style-type: none"> • start day of removal, no extra precautions
Women who have used emergency hormonal contraception since last period	
<p>Advise woman to wait until day 1 of next period to start Hana, extra precautions until this time.</p> <p>Remember, quick starting is outside the product label. If it is considered to be in the best interests of the woman, and she has used emergency contraception containing:</p> <ul style="list-style-type: none"> • levonorgestrel: Hana can be started on the same day, additional contraceptive measures (abstinence or barrier methods) for 7 days of Hana use • ulipristal acetate: wait 5 days before starting Hana, additional contraceptive measures (abstinence or barrier methods) during these 5 days and first 7 days of Hana use (i.e. 12 days in total) 	
Encourage woman to advise doctor that she has been supplied with Hana in pharmacy.	

Repeat Supply or Changing Supply – women who are currently using or have recently used desogestrel (age ≥18: max supply 12 months, age <18: max supply 3 months)

Check:

- 1 tablet has been taken at the same time every day, no break between packs and no missed doses
 - if not, chance of pregnancy: take pregnancy test ≥3 weeks after last episode of unprotected sex, continue taking Hana until result available, **stop Hana** and visit doctor if positive
- for any problems related to Hana or desogestrel use since initiation
- for changes in health since last Hana purchase or desogestrel prescription
- for changes in vaginal bleeding (e.g. bleeding between periods, or bleeding following sex)
- for changes to regular medications or herbal remedies, or use of other medication

If woman remains suitable for use: **supply Hana**, advise the woman that once current pack of Hana or prescription desogestrel finishes, start the new pack next day, without a break, regardless of bleeding.

If the woman is under 18 years of age, **do not supply >3 months of Hana**.

Women who have taken emergency hormonal contraception due to missed Hana tablet(s)

Emergency contraception containing:

- levonorgestrel: Hana can be restarted on the same day, additional contraceptive measures (abstinence or barrier methods) for 7 days of Hana use
- ulipristal acetate: wait 5 days before restarting Hana, additional contraceptive measures (abstinence or barrier methods) during these 5 days and first 7 days of Hana use (i.e. 12 days in total)

Encourage woman to advise doctor that she has been supplied with Hana in pharmacy if she is changing supply, or if she has not previously advised her doctor in the case of repeat supply.

Refer to SmPC for additional information or clarification.

This short checklist will help to determine if Hana is the right oral contraceptive for you, and will help your pharmacist give you good advice. Please answer all of the questions and return this card to your pharmacist or medicines counter assistant when finished, who will use the revealed responses to guide your discussion.

Question	Answers	Revealed text/action
How old are you?	Under 16	Thank you, the pharmacist will need to ask you a few more questions
	16-18	Thank you
	18+	Thank you
Is there any possibility that you may be pregnant?	Yes	Thank you, the pharmacist will advise you
	No	Thank you, the pharmacist may need to ask you a few more questions
	Unsure	Thank you, the pharmacist will need to ask you a few more questions
Do you experience any bleeding between your periods or after sex?	Yes	Thank you, the pharmacist will need to discuss this with you
	No	Thank you
	Unsure	Thank you, the pharmacist will need to discuss this with you
Do you currently have or have you previously had any health conditions? (e.g. cancer, liver disorders or jaundice, a blood clot, diabetes, high blood pressure)	Yes	Thank you, the pharmacist will need to ask you more questions
	No	Thank you
	Unsure	Thank you, the pharmacist will need to ask you more questions
Do you have any allergies?	Yes	Thank you, the pharmacist will need to ask you more questions
	No	Thank you
	Unsure	Thank you, the pharmacist will need to discuss this with you
Are you currently taking any regular medication or herbal remedies, or have you recently taken any other medication?	Yes	Thank you, the pharmacist will need to discuss this with you
	No	Thank you
	Unsure	Thank you, the pharmacist will need to discuss this with you