

Clinical and cost-effectiveness of **DE**sogestrel versus the combined oral contraceptive pill for problem **B**leeding on the etonogestrel **I**mplant (The **DEBI** Trial)

IRAS ID: 1007190

DEBI Medicine Information Leaflet

Final v2.1, 24Nov2025

1. What is your medicine?

You will have been given one of two medicines to take as part of this trial.

Medicine 1: Desogestrel

Desogestrel 75 mcg film coated tablets

Medicine 2: Combined oral contraceptive pill (COCP)

Levonorgestrel 150mcg and Ethinylestradiol 30mcg coated tablets

Licensed indications

Both desogestrel and the COCP have marketing authorisation in the UK for oral contraception, but for this trial they will be used outside of their licensed indications

What they will be used for in this trial

Both desogestrel and COCP are to be used as treatment for self-reported problem bleeding whilst on the etonogestrel contraceptive implant. Both medicines are already used to treat problem bleeding as part of usual care.

2. Before you take your medicine

Your suitability to take part in the trial and be randomised to take either of the 2 trial medicines will have been determined by a doctor to ensure that your participation is safe. The following table details the medications that your doctor will have checked prior to enrolling you in the trial and what you should do if you start to take any of these medications while you are participating in the trial:

Timing	Medications checked at initial visit	Action if used
Current use or use in the last 3 months	<ul style="list-style-type: none"> • Progestogens - other than the etonogestrel implant • Estrogens • Androgens e.g. Testosterone • Selective progestogen receptor modulators • GLP-1 agonists e.g. Tirzepatide, Semaglutide, Exenatide, Liraglutide, Dulaglutide, Lixisenatide 	Withdraw from trial
Current use or use in the last 6 months	Gonadotrophin-releasing hormone analogues	Withdraw from trial
Current use or use in the last 9 months	Depot Medroxy-Progesterone Acetate (DMPA)	Withdraw from trial
Current use or use in the last 6 weeks	Tamoxifen	Withdraw from trial

Current use or use in the last 6 weeks	Ulipristal acetate	Withdraw from trial
Current use or use in the last 7 days	Non-steroidal Anti-inflammatory Drugs (NSAIDs)	Record use- do not withdraw
Current use or use in the last 7 days	Tranexamic acid	Record use- do not withdraw
Current use or use in the last 11 days	Piroxicam	Record use- do not withdraw
Current use or use in the last 6 weeks	Liver enzyme inducing medicines which induce the cytochrome CYP3A4	Record use- do not withdraw
Current use or use in the last 1 month	Tetracycline antibiotics	Record use- do not withdraw
Current use or use in the last 6 weeks	CYP450 inducers including: <ul style="list-style-type: none"> • Anticonvulsants: Phenytoin, Fosphenytoin, Primidone, Rufinamide, Carbamazepine, Eslicarbazepine, Oxcarbazepine, Phenobarbitone, Cenobamate, Topiramate, Lamotrigine • Antibiotics: Rifampicin, Rifabutin • Antifungals: Griseofulvin • Systemic Glucocorticosteroids: Prednisolone, Dexamethasone, Hydrocortisone. • Antiretrovirals: Efavirenz , Ritonavir • Immunosuppressants : Tacrolimus 	Record use- do not withdraw
Current use or use in the last 6 weeks	<ul style="list-style-type: none"> • St John’s wort • Modafinil • Bosentan • Aprepitant • Lumacaftor • Statins 	Record use- do not withdraw
Current use or use in the last 3 months	Anticoagulants (e.g. warfarin, Low Molecular Weight Heparin {LMWH}, heparin or Direct Oral Anticoagulants {DOACs})	Record use- do not withdraw

There are other factors that your doctor will have checked that mean that you will not be allowed to take part in the trial:

You have a contraindication or allergy to:	<ul style="list-style-type: none"> • Desogestrel or any of its ingredients (including soya bean oil) • COCP containing levonorgestrel and ethinylestradiol or any of its ingredients.
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You have a known pathological reason for abnormal uterine bleeding:	<ul style="list-style-type: none"> including malignancy or endometrial hyperplasia, fibroids, cervical polyps or lesions (seen on speculum examination), endometrial polyp(s), adenomyosis, coagulopathy, ovulation disorder (e.g. polycystic ovary syndrome)
Surgery:	You have had surgery to genital tract altering bleeding, including hysterectomy, bilateral-oophorectomy or endometrial ablation
Pregnancy and birth:	<ul style="list-style-type: none"> You are currently pregnant (have had a positive urinary pregnancy test) You have given birth in the last 6 weeks
Screening tests	<ul style="list-style-type: none"> If you have a known STI If you decline screening for STI dual nucleic amplification test (NAAT) for Neisseria Gonorrhoeae and Chlamydia Trachomatis at the time of presentation If you decline speculum exam to assess the cervix for abnormality or other cause for problem bleeding at the time of presentation If you decline examination of your implant insertion site
	You will not be allowed to take part if you have previously participated in this trial

Taking or using other medicines.

You can take the following medications at the same time as your trial medicine- you do not need to tell us about these in your questionnaires:

Paracetamol, proton pump inhibitors, vitamins, opioids, H1 receptor antagonists (e.g. cyclizine, loratadine, chlorphenamine), H2 receptor antagonists (e.g. ranitidine), laxatives (osmotic or stimulant), anti-depressants – selective serotonin re-uptake inhibitors or tricyclic or venlafaxine, inhaled or topical corticosteroids, insulin, biguanides e.g. metformin, anti-fungal drugs, emollients, iron, anti-emetics – dopamine D2 receptor antagonists e.g. metoclopramide, domperidone, anti-psychotics (1st or 2nd generation), loperamide, aciclovir, nicotine.

Special warnings and precautions.

The suitability of your trial medication should be discussed with your doctor if you have any of the following conditions or risk factors:

- Risk of venous thromboembolism (VTE) is increased with– obesity, prolonged immobilisation, major surgery, any surgery to the legs or pelvis, neurosurgery or major trauma, positive family history at a low age, other medical conditions associated with VTE
- Risk of arterial thromboembolism (ATE) is increased with age, obesity, positive family history at a low age, migraine, other medical conditions associated with adverse vascular events

Conditions which require strict medical supervision include:

- Diabetes mellitus with mild vascular disease or mild nephropathy, retinopathy or neuropathy
- Hypertension
- Porphyria
- Obesity

- Migraine
- Cardiovascular disease
- Liver cancer

Please contact your clinical team if you are unsure about taking any medications alongside your trial treatment.

Driving and using machines

There is no or negligible influence on the ability to drive and use machines.

Important information about some of the ingredients in your medicine

Do not take or use the medicines if you have an allergy to lactose or soybean oil.

All the ingredients found within the trial medications are listed below:

- Lactose Monohydrate
- Maize Starch
- Talc
- Povidone K-25
- Magnesium Stearate
- Sucrose
- Calcium carbonate
- Povidone K-90
- Glycerol
- Macrogol 6000
- Titanium dioxide (E171)
- Carnauba Wax
- Povidone K30
- d- α -Tocopherol
- Soybean oil
- Silica, colloidal anhydrous
- Silica, colloidal hydrated
- Stearic acid
- Hypromellose 2910
- Polyethylene Glycol

3. How to take your medicine

Both medicines are to be taken orally (by mouth), once a day, at the same time each day for the 90-day duration of your participation in the trial.

What to do if you take or use more than you should

There have been no reports of serious side effects from overdose of either medicine. Symptoms that may occur in this case are nausea, vomiting and, in young girls, slight vaginal bleeding. There are no antidotes, please seek treatment from a medical professional if you start to experience serious side effects from taking additional treatment.

What to do if you forget a dose

In the case of any missed doses, take the medicine as soon as you remember if less than 24 hours late. If it is more than 24 hours late the medicine for that day should be disregarded (the missed medicine should be kept in the blister pack and not taken), and the next day medicine taken.

4. Possible side effects

You may experience some or all of the following side effects when taking your trial medicine. You will be prompted to record these when we send you your trial questionnaires:

- Headaches
- Nausea
- Breast tenderness
- Mood changes
- Increased blood pressure
- Hair thinning or loss
- Fluid retention in ankles/feet
- Bloating
- Weight change
- Acne

5. How to store your medicine

- Keep this medicine out of the sight and reach of children
- Keep trial medication blister packs in the cartons at all times
- Store below 25°C.
- The expiry date of the medicine is printed on the box label. Do not use this medication after the expiry date.
- If you do not take all your medicine please do not throw away via any water or household waste. Please return your completed blister packs or unused medication to the recruiting clinic to confirm adherence to your treatment and for destruction of surplus trial drug. Blister packs should be returned in person at your standard review at 3 months after starting treatment for problem bleeding

6. Other useful information

Active substances

Desogestrel – Desogestrel (75 mcg)

COCP - Levonorgestrel (150mcg) and Ethinylestradiol (30mcg)

What the pack contains

One blister pack of study medicine contained 10 white round tablets. Each box contains 9 blisters packs, a total of 90 pills.

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7. How to contact us

Contact details of your local care team who will be your main point of contact for the duration of the trial;

- <insert contact details here>