

The DEBI Trial

Desogestrel for problem bleeding on the implant

DEBI
DESOGESTREL FOR PROBLEM
BLEEDING ON THE IMPLANT

Why are you being approached?

You are being invited to join the DEBI trial as you are experiencing problem bleeding while using the contraceptive implant and your doctor thinks you may be able to take part. To enrol in the trial you must:

- Be aged 16-45
- Have had the implant for 3-24 months
- Be willing to complete a daily bleeding diary and other questionnaires regarding your treatment.



What is the DEBI trial?

DEBI is looking at whether desogestrel is as good as the combined pill in treating those with problem bleeding whilst using the implant. A quarter of implant users experience problem bleeding once the implant has been inserted. The most common treatment for this is the combined pill, however not everyone can take it. Desogestrel, a progestogen only pill, is also used by doctors to treat problem bleeding as it can be prescribed to people who can't take the combined pill. However, we don't know if it works as well as the combined pill to treat problem bleeding in implant users.

Benefits of taking part

Taking part in the trial may not directly benefit you, but the information we collect may help us to treat people with problem bleeding while using the contraceptive implant in the future. In addition, you will also receive a £15 'thank you' voucher when you complete each of the questionnaires at 30, 60 and 90 days, totalling £45 for full participation.



What is involved

If you choose to take part you will be asked to sign a consent form and provide some information about yourself. You will then be prescribed either the combined pill or desogestrel to take once per day.

For the next 90 days you will be asked to complete a daily bleeding diary at home, using a mobile phone app or a paper diary. In addition, 30, 60 and 90 days after your enrolment in the trial you will be asked to complete a questionnaire asking about your bleeding, treatment and side effects. All questionnaires will be completed at home with no additional visits to clinic required.



If you are interested in taking part and want to know more, please continue reading.

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