

## **Long Term Tolerability of Very Low-Dosed Combined Oral Contraception Containing 20µg of Ethinylestradiol and 75µg of Gestodene.**

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**Objective:** Evaluate the efficacy and tolerability of the very low-dosed combined oral contraception (COC) containing 20µg of ethinylestradiol (EE) and 75µg of gestodene (GSD) during the period of one year of using. Analyse the reasons for discontinuing.

**Design and Methods:** Total number of patients to whom this COC was administered was 224. 68 (30,4%) used pills at least one year, respectively 13 cycles, 156 (69,6%) discontinued for various reasons. In the first group (using at least 13 cycles) the changes in gynecologic finding, including colposcopy, cytology, and breast examination, body weight, bloodpressure, biochemical parameters, contraceptive reliability, and adverse effects were followed. In the second group (using less than 13 cycles) the reasons for discontinuing were analysed.

**Results:** No significant differences in gynecologic findings, body weight, bloodpressure, and biochemical parameters were recorded. No pregnancy was observed. Adverse effects were rare with the exception of breakthrough bleeding. However, one case of venous tromboembolic disease occurred.

**Conclusions:** Very low-dosed COC (20µg EE, 75µg GSD) is highly reliable and appearance of adverse events is minimal with the exception of breakthrough bleeding. Despite of this fact, the venous tromboembolic disease must be still considered.