

PROGESTERONE

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about PROGESTERONE. It does not contain all the available information. It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you using PROGESTERONE against the benefits this medicine is expected to have for you.

If you have any questions about using this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

What PROGESTERONE is used for

PROGESTERONE is a bio-identical hormone synthesized from natural sources.

Progesterone is a hormone that is produced by the ovaries during the second half of the menstrual cycle.

It is an essential hormone for preparing the uterus (womb) for pregnancy and on-going support of pregnancy.

The lack of normal progesterone production by the ovaries in the second half of the menstrual cycle is called luteal phase defect. Women who have this defect may have difficulties in becoming pregnant and may have a higher risk of miscarriage.

PROGESTERONE is used to supplement progesterone in women who have luteal phase defect. PROGESTERONE is also used to supplement or replace your own natural progesterone in Assisted Reproductive Technology procedures (eg IVF).

Your doctor may have prescribed PROGESTERONE for another purpose.

Ask your doctor if you have any questions why PROGESTERONE has been prescribed for you.

This medicine is available only with a doctor's prescription.

PROGESTERONE is not addictive.

Before you use PROGESTERONE

When you must not use it:

Do not use PROGESTERONE if:

- you have ever had an allergic reaction to progesterone or to any of the ingredients listed at the end of this leaflet

Some of the symptoms of an allergic reaction may include:

- rash (itching or hives) on the skin
- swelling of the face, lips, tongue or other parts of the body
- shortness of breath, wheezing or troubled breathing or a tight feeling in your chest

Do not use PROGESTERONE if you have, or have had any of the following conditions:

- cancer of the breast and genital organs
- porphyria
- you have abnormal vaginal bleeding that has not been diagnosed, or is due to a recent or current missed abortion or miscarriage
- you have or have ever had blood clots or a stroke
- you have liver disease or abnormal laboratory results

Do not use PROGESTERONE if you are breastfeeding.

Do not use PROGESTERONE after the expiry date printed on the

If you are taking this medicine after the expiry date has passed, it may not work.

Do not use PROGESTERONE if the packaging is torn or shows signs of tampering.

Do not use PROGESTERONE if the product appears to be discoloured, or the product does not look quite right.

If it has expired or is damaged, return it to your pharmacist or doctor for disposal.

If you are not sure whether you should start using PROGESTERONE, talk to your doctor or pharmacist.

If you have not told your doctor about any of the above, tell them before you start using PROGESTERONE is not for use in children.

Do not use PROGESTERONE to treat other complaints unless your doctor says it is safe.

Do not give this medicine to anyone else. Before you use it

Tell your doctor or pharmacist if you have allergies to:

- any other medicines
- any other substances, such as foods, preservatives or dyes

See your doctor for a check-up before you start to use PROGESTERONE. The check-up should include a Pap smear, pelvic examination and breast examination.

You must tell your doctor or pharmacist if:

- you are breast feeding
- you are or have been very depressed
- you are using other vaginal medications
- you suffer from migraines, epilepsy or asthma
- you suffer from heart, kidney or liver disease

If in doubt, consult your doctor or pharmacist before using PROGESTERONE.

Taking other medicines

Tell your doctor if you are taking any other medicines, including medicines you buy without a prescription from a pharmacy, supermarket or health food shop.

PROGESTERONE should not be used at the same time as other vaginal preparations.

If you forget to use it

If you forget a dose of PROGESTERONE, use it as soon as you remember, and then continue on the same schedule as before.

Do not use more than the recommended daily dose.

If you use too much (overdose)

Immediately contact your doctor or the Poisons Information Centre (in Australia telephone 131 126, in New Zealand telephone 0800 764

766) if you are concerned that you have used too much PROGESTERONE.

While you are using PROGESTERONE

Things you must do:

Be sure to keep all your doctor's appointments so your progress can be checked.

Tell any other doctors or pharmacists you visit that you are using PROGESTERONE.

If you are about to start taking any new medicines, tell the doctor or pharmacist that you are using PROGESTERONE.

Things you must do:

Be sure to keep all your doctor's appointments so your progress can be checked.

Tell any other doctors or pharmacists you visit that you are using PROGESTERONE.

If you are about to start taking any new medicines, tell the doctor or pharmacist that you are using PROGESTERONE.

Things you must not do:

Do not give this medicine to anyone else; it may harm them even if the reasons for using it seem to be the same as yours.

Things to be careful of:

Be careful driving or operating machinery until you know how PROGESTERONE affects you.

Some people feel drowsy and sleepy when using PROGESTERONE.

If you have any of these symptoms, do not drive, operate machinery or do anything else that could be dangerous.

Side Effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using PROGESTERONE helps most women with a lack of progesterone, but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need

medical treatment if you get some of the side effects.

Tell your doctor if you notice any of the following side effects when using PROGESTERONE:

Very common side effects

- cramps, abdominal pain, perineal pain (around the genitals & the back passage)
- headache
- breast enlargement or breast pain
- feelings of severe sadness and unworthiness, decreased sexual drive, sleepiness, feeling emotional
- constipation, nausea
- passing urine at night

Common side effects

- bloating, pain
- dizziness
- vaginal discharge, itching of the vaginal area, vaginal thrush
- diarrhoea, vomiting
- painful sexual intercourse
- painful joints

Other side effects may include vaginal spotting, vaginal irritation, mild application site reactions and hypersensitivity reactions manifesting as skin rash.

This is not a complete list of all possible side effects. Others may occur in some people and there may be some side effects not yet known.

Tell your doctor if you notice anything else that is making you feel unwell, even if it is not on this list.

Ask your doctor or pharmacist if you do not understand anything in this list.

Do not be alarmed by this list of possible side effects.

You may not experience any of them.

Ask your doctor or pharmacist to answer any questions you may have.

After using PROGESTERONE

Storage

Keep this medicine where young children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Keep PROGESTERONE in a cool place where it stays below 25°C and is not exposed to extreme heat or cold.

Do not store it, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on window sills.

Heat and dampness can destroy some medicines.

Disposal

If your doctor tells you to stop using PROGESTERONE, or IF IT has passed its expiry date, ask the pharmacist what to do with any left over drug.