

What is Progesterone pessaries used for?

Each progesterone pessary contains natural progesterone. 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. Progesterone pessaries are used to supplement or replace your own natural progesterone in IVF programs.

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

DO NOT use Progesterone pessaries if:

- ◆ A history of allergy to progesterone or similar medicines.
- ◆ Moderate or severe liver disease
- ◆ Cancer of the breast or genital organs
- ◆ Abnormal vaginal bleeding that has not been diagnosed
- ◆ Blood clots.

DO NOT use Progesterone pessaries

after the expiry date on the package has been passed.

DO NOT use Progesterone pessaries

if the packing is torn or shows signs of tampering.

If your medicine has expired or is damaged, return it to your pharmacist/clinic for disposal

Before you use Progesterone pessaries

TELL YOUR DOCTOR if you have any allergies to:

- ◆ Any other medicines
- ◆ Any other substance such as foods, preservatives or dyes

TELL YOUR DOCTOR if you:

- ◆ are breast feeding
- ◆ are or have been very depressed
- ◆ are using other vaginal medications
- ◆ suffer from migraines, epilepsy or asthma

TELL YOUR DOCTOR if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

How to use Progesterone pessaries

Progesterone pessaries are intended to be inserted into the vagina. Your doctor may prescribe Progesterone pessaries to be used once or twice daily. Progesterone pessaries should be used at the same time each day. If used twice a day, one Progesterone pessaries should be used in the morning and one at night.

1. Wash your hands and remove wrapper from the pessary
2. You may wish to use a disposable glove.
3. If you are particularly dry and insertion is uncomfortable you may need to moisten the pessary before insertion by dipping briefly in cool water.
4. Either by using a squatting position or lying on your back or side insert the Progesterone pessary deep into the vagina.
5. Remain lying down for at least 30 minutes after insertion.

Follow all directions given to you by your doctor or clinic nurse carefully. They may differ from the information contained in this leaflet.

Side effects

TELL YOUR DOCTOR or clinic nurse if you do not feel well while taking Progesterone pessaries.

All medicines have side effects. Sometimes they are more serious, most of the time they are not. If you think you have side effects do not stop taking Progesterone pessaries without first talking to your doctor.

The most common side effects are:

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

Less common side effects are: -

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

Other side effects not listed may happen in some patients. Tell your doctor or clinic nurse if you notice anything that is making you feel unwell. If you are worried contact your doctor or clinic nurse

Storage

- ◆ Progesterone pessaries should be stored in a cool dry place below 25°C. Refrigeration can aid insertion if the pessaries become soft.
- ◆ **DO NOT LEAVE IN THE CAR**
- ◆ Keep this medicine where children cannot reach it

Disposal

If you have any Progesterone pessaries that have expired or are left over return them to your clinic or pharmacy.