



Hormone Hotline: 228.365.6885

PROGESTERONE

MEDICATION:

This compounded medication contains Progesterone.

USE:

This medication is a natural, plant-derived hormone with many uses, some of which include: treating abnormal periods, aiding conceptions, maintaining a pregnancy, hormone replacement therapy, and other conditions as determined by the patient's provider.

SIDE EFFECTS:

Side effects include **nausea, changes in menstrual flow, breakthrough bleeding, spotting, missed periods, breast tenderness, headache, acne, or skin discoloration.** These side effects may subside with continued therapy. However, if they continue or are bothersome, the patient should contact her provider. Patients may experience absence of menstrual periods while using this medication. If patients experience irregular menstrual periods, they should contact their provider.

PRECAUTIONS:

Progesterone may affect blood sugar and thyroid levels. Patients should contact their provider if they are currently taking medications for either of these conditions. Patients should contact their provider if they experience weight changes, rash, itching, depression, or swelling of the ankles or fingers. If patients experience sudden or severe headache, sudden loss of coordination, sudden loss of speech, contact provider immediately as this may indicate more serious side effects. If the patient notices other effects not listed above, she should contact her provider. When using creams, **be precise about measuring the dose, do not "estimate" the dose.** Inconsistent dosing will cause changes in hormone levels, and lead to unfavorable outcomes. **Wash hands well after application because contact transfer can occur; care should be taken not to touch objects, humans, or animals to prevent harmful side effects for humans/pets who touch where med has been applied.**

DIRECTIONS:

This medication should be administered as directed by provider. Progesterone may be supplied in the following dosage forms: vaginal or rectal suppository, oral capsule or liquid, sublingual lozenge, drops, or tabs, or a transdermal gel or cream to be applied topically. Patients should always follow their provider's or pharmacist's instructions for administration. Patients should not exceed the dosage prescribed by their provider. **Follow dosage directions exactly;** do not make dose adjustments to a dose unless instructed to do so by provider. **If a patient misses a dose,** she/he should take the dose as soon as remembered. Patients should not take the dose if it is almost time for the next dose. Instead, patients should skip the missed dose and resume the usual dosing schedule. **DO NOT DOUBLE THE DOSE.** The medication should be stored as directed by your pharmacist.