

Micronised Progesterone

Medication Information Leaflet

What is this medication for?

Micronised progesterone(also known as Utrogestan®) is a type of progestogen that can be used for the following purposes:

- Preparing the uterus for implantation of a fertilized egg, where the egg sticks to the wall of uterus
- Maintenance of pregnancy once implantation occurs
- Enhance implantation of a fertilized egg (routinely used for during IVF) and to decrease the risk of spontaneous abortion (miscarriage)
- Management of various abnormal uterine bleeding including absence of menstrual flow and heavy menstrual bleeding
- Management of menopause in combination with estrogen replacement therapy

It is important to use micronised progesterone as directed by your healthcare professional.

How should I take/use this medication?

- Do not stop taking your medication without checking with your healthcare professional.
- This medicine can be taken by mouth or inserted into the vagina. Please refer to the medication label for specific instructions. If taken by mouth, take at the same time every day after food to reduce stomach discomfort.

What should I do if I forget to take/use this medication?

If you forget to take a dose, take it as soon as you remember. Then take your next dose at the usual time. Do not take two doses to make up for the missed dose.

What precautions should I take?

Inform your healthcare professional if:

- You are allergic to this medication or any of the other ingredients of this medication
- You are pregnant, planning to become pregnant, or breastfeeding
- You are taking any other medications, including supplements, traditional medications and herbal remedies.
- You have a history of or current medical conditions such as liver problems, stroke, heart disease, blood clots, migraine headaches, epilepsy (fits), diabetes mellitus or cancer

What are some common side-effects of this medication?

- Stomach discomfort, nausea and vomiting.
 - Take it after food to reduce these side effects.
- Breast tenderness.
- Headache.
 - You may take Paracetamol to manage headaches.
- Dizziness, drowsiness.
 - Avoid activities that require mental alertness and avoid using heavy machineries.
- Weight changes, mood swings.
 - Take medication at the same time every day to avoid huge changes in the hormone levels in your body, which can lead to mood changes.
- Skin pigmentation.
 - Apply sunblock when outdoors and avoid long hours of sun exposure.

Consult your doctor about any symptoms that becomes bothersome.

What are some rare but serious side-effects that I need to seek medical advice immediately?

The symptoms of a drug allergy include one or more of the following:

- Swollen face/eyes/lips/tongue
- Difficulty in breathing
- Itchy skin rashes over your whole body

If you experience any of these symptoms, you should stop your medication and see your healthcare professional immediately.

What food or medication should I avoid when I take this medication?

Some medications may affect how micronised progesterone works or be affected by micronised progesterone. Please inform other healthcare professionals about the medication you are taking if you are seeing them for other medical conditions.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I throw away this medication safely?

Pack this medication into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore. The content does not reflect drug availability and supply information in pharmacies and healthcare institutions. You are advised to check with the respective institutions for such information.

Last reviewed on November 2019