PROGESTERONE SUPPOSITORY TREATMENT

What is progesterone?
This medicine is a hormone that is naturally produced by the placenta. Progesterone can prolong pregnancy in women who have had a previous preterm birth, without a medical reason, between 16 and 37 weeks of pregnancy.

How is this medicine given?
This medicine is given as a suppository or pill placed in the vagina once every night before going to sleep.
1. First you should empty your bladder and wash your hands.
2. Remove the suppository from the wrapper.
3. Put some water-based lubricant (like KY jelly, NOT Vaseline or any kind of lotion) around the suppository. This will help prevent dryness.
4. Place the suppository into your vagina like you would a tampon, NOT any further. Do NOT put the suppository or pill into or through your cervix.

For this medicine to work best, you need to place one suppository every night and lie down immediately after insertion. When you lie down, there is less of a chance for the medicine to run out. You may wish to wear a pad for comfort as you may experience more of a discharge. Try to do this about the same time every night. After progesterone suppository placement, you should definitely avoid intercourse. Do not place tampons or any other object into the vagina after inserting the suppository. Do not douche at any time.

What if you miss a dose?
It is important that you do not miss any doses of this medicine. If you accidentally miss a dose, do not take two doses at the same time, just start again the next night at bedtime.

Are there side effects?
This medicine does not have any harmful effects on the baby. For the mother, side effects are uncommon, but may include vaginal dryness, headaches, nausea, vomiting, diarrhea, difficulty sleeping or fatigue.
Contact your healthcare provider if you experience any of these symptoms or any new symptoms after starting this medication.

How do I store progesterone?
Progesterone suppositories may be stored at room temperature but could lose their shape and be difficult to insert if too warm. You may store them in the refrigerator.
Keep this and any other medication away from children.

What are preterm labor signs and symptoms?
Not all women have the same signs, so call your healthcare provider right away if you have any of these symptoms:
- Thin, watery, mucous-like, pink or red vaginal discharge
- Pressure in the vagina, lower abdomen or back
- Cramping or if it feels like your period is going to start
- 4-6 contractions or what feels like “baby balling up” per hour
- Persistent, low, dull backache
- Something just doesn’t feel right