

Progesterone (By mouth)
Progesterone (proe-JES-ter-one)

Helps prevent changes in the uterus in women who are taking estrogen after menopause. Also treats unusual stoppage of periods in women who are still menstruating.

Brand Name(s):Prometrium

There may be other brand names for this medicine.

When This Medicine Should Not Be Used:

You should not use this medicine if you have had an allergic reaction to progesterone or peanuts. You should not use this medicine if you have liver disease or certain types of cancer. You should not use this medicine if you have a history of blood clotting problems, or if you have had a heart attack or stroke in the past 12 months. Do not use this medicine if you may be pregnant, if you have had an incomplete miscarriage, or if you have unusual vaginal bleeding that has not been checked by your doctor.

How to Use This Medicine:

Capsule

- This medicine comes with patient instructions. Read and follow these instructions carefully. Ask your doctor or pharmacist if you have any questions.
- Your doctor will tell you how much of this medicine to use and how often. Do not use more medicine or use it more often than your doctor tells you to.
- This medicine is usually taken for 10 to 12 days for each 28-day cycle. It is best to take the medicine in the evening. Be sure you understand your personal dosing schedule.
- If you have trouble swallowing this medicine, take it with a glass of water while standing up. Talk to your doctor or pharmacist if this does not help.

If a dose is missed:

- If you miss a dose or forget to use your medicine, use it as soon as you can. If it is almost time for your next dose, wait until then to use the medicine and skip the missed dose. Do not use extra medicine to make up for a missed dose.

How to Store and Dispose of This Medicine:

- Store the medicine in a closed container at room temperature, away from heat, moisture, and direct light.
- Ask your pharmacist, doctor, or health caregiver about the best way to dispose of any leftover medicine after you have finished your treatment. You will also need to throw away old medicine after the expiration date has passed.
- Keep all medicine away from children and never share your medicine with anyone.

Drugs and Foods to Avoid:

Ask your doctor or pharmacist before using any other medicine, including over-the-counter medicines, vitamins, and herbal products.

- Make sure your doctor knows if you are also using ketoconazole (Nizoral®), or a medicine that contains estrogen such as birth control pills.

Warnings While Using This Medicine:

- Using this medicine while you are pregnant might harm your unborn baby. If you think you have become pregnant while using this medicine, tell your doctor right away.
- Make sure your doctor knows if you are breastfeeding, if you have thyroid problems, or if you have ever suffered from depression.

- There is a very slight chance that this medicine could increase the risk of breast cancer and ovarian cancer in some women. Talk to your doctor about this risk. Make sure your doctor knows if anyone in your family has had breast cancer or ovarian cancer.
- This medicine should not be used to treat or prevent heart disease or stroke. In fact, using this medicine may increase your risk of heart attack, stroke, blood clots, or dementia. Talk with your doctor about this risk.
- Your risk of heart disease or stroke from this medicine is higher if you smoke. Your risk is also increased if you have diabetes, high blood cholesterol, untreated high blood pressure, or if you are overweight. Talk with your doctor about ways to stop smoking. Keep your diabetes under control. Ask your doctor about diet and exercise to control your weight, blood pressure, and blood cholesterol level. Tell your doctor if you have a family history of obesity, blood clotting problems, or lupus.
- You will need to talk to your doctor if you have any changes in your vision or if you get migraines while you are using this medicine.
- This medicine could make you retain water. Tell your doctor if you have epilepsy, migraine headaches, asthma, heart disease, or kidney disease, because these conditions might change if your body is retaining water.
- Most women have changes in their menstrual periods while using this medicine. You might have irregular bleeding, spotting, or heavier or lighter periods. Many women stop having periods. Call your doctor if you have very heavy or nonstop bleeding.
- Make sure any doctor or dentist who treats you knows that you are using this medicine. You may need to stop using this medicine several days before having surgery or medical tests.
- This medicine may make you dizzy or drowsy. Avoid driving, using machines, or doing anything else that could be dangerous if you are not alert.
- Make sure any doctor or dentist who treats you knows that you are using this medicine. This medicine may affect the results of certain medical tests.

Possible Side Effects While Using This Medicine:

Call your doctor right away if you notice any of these side effects:

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing.
- Breast lumps.
- Change in how much or how often you urinate.
- Chest pain, shortness of breath, or coughing up blood.
- Fainting, extreme dizziness or confusion.
- Numbness or weakness in your arm or leg, or on one side of your body.
- Pain in your lower leg (calf).
- Sudden or severe headache, vomiting, problems with vision, speech, or walking.
- Swelling in your hands, ankles, or feet.
- Unusual vaginal bleeding or discharge.

If you notice these less serious side effects, talk with your doctor:

- Breast pain or tenderness.
- Cough that does not go away.
- Headache.
- Muscle or joint pain.
- Nausea.
- Stomach pain, bloating, or cramping.
- Unusual tiredness, depression or other mood changes.

If you notice other side effects that you think are caused by this medicine, tell your doctor.

