# The Compounding Lab Progesterone Pessary

## **ACTIVE INGREDIENT**

#### Progesterone

# WHAT IS IN THIS LEAFLET

This leaflet contains information about your medication. All medicines are associated with some risks, however your doctor/pharmacist has weighed those against the benefits of you taking the medication and the positive effects they expect to see. Should you have any concerns, please contact us for more information. Make sure you keep this leaflet close to your medicine as you may need to refer to it again in the future.

## WHAT IS IT USED FOR

The female hormone progesterone is given to women undergoing fertility treatment who may not produce enough of this hormone. Progesterone is a hormone essential for maintaining pregnancy. It will help prepare your uterus to receive and maintain a fertilized egg. Once pregnancy occurs progesterone pessaries may be used until production of progesterone by the placenta is adequate.

## **BEFORE USING PROGESTERONE PESSARIES**

#### When you must not use it

- Do not use progesterone pessaries if you have an allergy to progesterone or any of the ingredients listed at the end of this leaflet.
- Do not use Oripro if you are pregnant and have normal progesterone levels. Do not use Oripro if you are breast-feeding or plan to breast-feed.

#### Before you start to use it

Let us know if you are:

- Being treated for any medical conditions.
- Sensitive to any medicines, foods, colours or preservatives.
- Take any other medications.

## **HOW TO USE PROGESTERONE PESSARIES**

#### How to use

Wash your hands thoroughly with soap and water. Feel the pessary while it is still in the wrapper. If it feels soft, keep it in the wrapper and chill it in the fridge for a few minutes. Do not remove the wrapper while you are chilling it. Put on a disposable



glove, if desired. Remove wrapper from one pessary. If you are particularly dry and insertion feels uncomfortable you may need to moisten your first few pessaries by dipping them briefly in cool water, before insertion. Either using a squatting position or lying on your back or side, insert the pessary deep into the vagina. Remain lying down for at least thirty minutes. Depending on dosage, the best time for a pessary to be inserted is before retiring at night. But if more than one dose is necessary a second dose may need to be inserted before rising in the morning. Throw away any used materials and wash your hands thoroughly.

#### If you use too much (overdose)

Please contact your doctor/pharmacist as soon as possible or call the Poisons Information Centre (13 11 26).

## SIDE EFFECTS OF PROGESTERONE PESSARIES

Side effects you may experience can include:

- Local irritation or itching may occur in sensitive persons, at the site of insertion when treatment is started.
- Abdominal cramping, bloating, swelling face, ankles and feet (oedema).
- Unusual tiredness, or weakness or weight gain.
- Nausea and vomiting.
- Acne, breast pain or tenderness, hot flushes.
- Mild mood changes, nervousness, changes in libido, and insomnia.
- Increased blood pressure in susceptible individuals.
- Loss or gain of body facial or scalp hair or brown spots on exposed skin (melasma).

*Tell your doctor immediately if you notice any of the following symptoms:* palpitations, heart pain, changes in heartbeat, excessive loss of weight.

## STORAGE

Keep this medicine out of reach of children in the original tightly closed bottle supplied. This medicine is best kept refrigerated between 2-8°C. Product expires 6 months after preparation.

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