

# FORMULÆ

THE ART & SCIENCE OF COMPOUNDING

## BIOIDENTICAL PROGESTERONE

This leaflet provides important information about using bioidentical progesterone.

*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 accessible as you may need to refer to it again in the future.*

### WHAT IS IT USED FOR?

This medication is compounded using a bio-identical progesterone hormone. Naturally, progesterone is produced in the ovaries of women. It plays a crucial role in the menstrual cycle, reproduction, other hormone production, mood, fluid balance, metabolism, energy levels and overall wellbeing in women.

When women suffer from a deficiency of progesterone one or more of these areas may be affected and so restoring the progesterone levels with a bio-identical hormone directly addresses this deficiency and alleviates symptoms. The skin readily absorbs progesterone and as such effectively transports the hormone into the body.

### BEFORE I USING PROGESTERONE:

#### WHEN YOU MUST NOT USE IT

Do not use Bio-Identical Progesterone if:

- You are allergic to the active ingredient
- You have kidney or liver disease, unexplained vaginal bleeding or herpes during pregnancy

#### BEFORE YOU START TO USE IT:

Let us know if you are:

- Pregnant or intend to become pregnant.
- Breastfeeding or intend to start breastfeeding.
- Being treated for any other medical conditions.
- Sensitive to any medicines, foods, colours or preservatives.

### HOW TO USE PROGESTERONE:

#### HOW MUCH TO USE

A cream is best applied to the inner forearm or upper thigh. The area should be clean and dry. No perfume, deodorant or moisturising creams or gels should be used on the area because this may interfere with the absorption of the active ingredient. Apply the cream at approximately the same time each day as directed by your treating doctor. Continue using progesterone cream as long as your doctor recommends it.

Progesterone capsules are also available and are taken daily.

#### IF YOU FORGET TO USE IT

If you forget to apply your cream or take a capsule, you should apply/take it as soon as you remember provided this is within 9 hours of your usual time of application. Otherwise do not apply/take a dose until the next application time. Missing a dose will not create a significant disruption to your treatment.



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## IF YOU USE TOO MUCH (OVERDOSE)

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

## WHAT SHOULD I KNOW WHILE USING?

### LOOKING AFTER YOUR MEDICINE

Store your medication in a cool dry place away from moisture, heat or sunlight.

Keep this medication out of reach of children.

Product expires 6 months after preparation.

## ARE THERE ANY SIDE EFFECTS?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Side effects you may experience can include:

- Localised skin irritation (cream)
- Headache, nausea, fatigue.
- Breast tenderness

These effects are occasionally reported but usually disappear after dose adjustment following a doctor's review.

## WHAT BIO IDENTICAL PROGESTERONE LOOKS LIKE

### CREAMS:

White, opaque odourless cream

### CAPSULES:

Vegetable capsule filled with white powder

## PHARMACY CONTACT

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This leaflet was prepared in February 2024.

