



USE OF PROGESTERONE PESSARIES

Progesterone Pessaries contain Progesterone in a waxy base and are to be kept refrigerated, as they may melt. **DO NOT FREEZE.**

- Pessaries are to be used vaginally. First remove the alfoil wrapping and insert pessary into your vagina as you would a tampon;
- You should lie down for one hour after inserting the Pessary. During this time the progesterone will be absorbed into your body. The waxy base will melt and come away, so you may need to wear a panty liner to protect your underwear;
- If you are using two pessaries per day we suggest that you use one Pessary before you go to bed and one Pessary in the morning. Set your alarm for one hour earlier than normal, insert a Pessary and go back to bed for one hour;
- Please ensure that you do not run out of the Pessaries;
- Do not stop using your progesterone pessaries, or lower your dose without checking with the Clinic staff or with your doctor; and
- If you experience spotting or bleeding, **DO NOT STOP** using your pessaries and please contact the Nurse Coordinator at Canberra Fertility Centre as soon as possible.