



## What is Utrogestan used for?

**Utrogestan is a vaginal capsule that contains progesterone. Progesterone is a hormone that is produced by the ovaries during the second half of the menstrual cycle. It is an essential hormone for preparing the uterus (womb) for pregnancy and on-going support.**

**Utrogestan is used to supplement or replace your own natural progesterone in IVF programs.**

This medicine is available only on a doctor's prescription.

### Do not use Utrogestan if:

- ◆ You have a history of allergy to Utrogestan or its ingredients
  - ◆ You have abnormal vaginal bleeding that your doctor does not know about
  - ◆ Moderate or severe Liver disease
  - ◆ Cancer of the breast or genital organs
  - ◆ Blood clots
  - ◆ Do not take Utrogestan after the expiry date on the package has been passed
  - ◆ Do not take Utrogestan if the packing is torn or shows signs of tampering
- If your medicine has expired or is damaged, return it to your pharmacist/clinic for disposal.

## Before you use Utrogestan:

### TELL YOUR DOCTOR if you have any allergies to:

- ◆ Any other medicines
- ◆ Any other substance such as foods, preservatives or dyes
- ◆ You are breastfeeding
- ◆ Have been very depressed
- ◆ Are using other vaginal medications
- ◆ Suffer from migraines, epilepsy or asthma.

**TELL YOUR DOCTOR** if you are taking any other medicines, including any that you buy without a prescription from your pharmacy, supermarket or health food shop.

## How to use Utrogestan

Endometrin is intended to be inserted into the vagina. Normally it is prescribed to be used 2 to 3 times a day.

1. Wash your hands and remove capsule from the pack
2. Either by squatting or lying on your back or side insert the capsule using your finger well into the vagina.
3. The capsule will melt and the progesterone is absorbed, there is no need to remaining lying down after insertion.

Follow all directions given to you by your doctor or clinic nurse carefully. They may differ from the information contained in this leaflet.

### If you forget to take Utrogestan

If you have forgotten a dose of Utrogestan, use it as soon as you can and have your next dose at the usual time. If you are worried contact your clinic nurse or doctor. Do not use more than the recommended by your doctor.

### Side effects

#### **TELL YOUR DOCTOR or clinic nurse if you do not feel well while using Utrogestan.**

All medicines have side effects. Sometimes they are more serious, most of the time they are not.

If you think you have side-effects talk to your doctor or clinic nurse.

#### **The most common side effects are:**

- ◆ Cramps, abdominal pain
- ◆ Headaches
- ◆ Breast enlargement and pain
- ◆ Feelings of sadness and emotional
- ◆ Decreased sexual drive
- ◆ Sleepiness
- ◆ Constipation and nausea
- ◆ Passing urine at night

#### **Less common side effects are:**

- ◆ Bloating, pain
- ◆ Dizziness
- ◆ Vaginal discharge, itching and burning
- ◆ Diarrhoea, vomiting
- ◆ Painful intercourse
- ◆ Painful join

If you are worried contact your doctor or clinic nurse.

### Storage

- ◆ Utrogestan should be stored at room temperature below 30°C in its original packaging. Do not refrigerate.
- ◆ **DO NOT LEAVE IN THE CAR**
- ◆ Keep this medicine where children cannot reach it

### Disposal

If you have any Utrogestan that has expired return it to your clinic or pharmacy for disposal