

## **Progesterone Patient Information**

**PLEASE NOTE: THIS MEDICATION HAS NOT BEEN EXTENSIVELY STUDIED IN THE MEDICAL LITERATURE. WARNINGS AND CAUTIONS ARE NOT WELL DOCUMENTED. IF YOU HAVE ANY QUESTIONS YOU SHOULD DISCUSS THE USE OF THIS MEDICATION WITH YOUR PHYSICIAN.**

### **Uses for this medication:**

This medicine is a hormone. It is used for protecting the lining of the uterus in women on estrogen replacement therapy, for excessive menstrual bleeding, to alleviate symptoms caused by specific types of breast cancer, and to alleviate excessive estrogen effects such as breast swelling, fluid retention, fatigue, "brain fog", and decreased thyroid function. It can be used to treat women who have had menstrual periods in the past but have stopped having them because of a lack of progesterone hormone. It may also be used for other conditions as determined by your doctor.

### **How to use this medicine:**

Use this medicine as directed by your doctor. Check the label on the medicine for exact dosing instructions.

- Take this medicine as directed by your doctor. Common methods include by mouth with or without food, under the tongue, and by applying to the skin.
- If you miss a dose of this medicine, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

Ask your health care provider any questions you may have about how to use this medicine.

### **Do NOT use this medicine if:**

- You are allergic to any ingredient in this medicine
- You have a history of specific types of cancer of the breast, ovary, lining of the uterus, cervix, or vagina; vaginal bleeding of unknown cause; blood clots or clotting problems; or liver disease; or you have had a recent miscarriage; or have had a stroke or heart attack within the past year
- You are pregnant

Contact your doctor or health care provider right away if any of these apply to you.

### **Before using this medicine:**

Some medical conditions may interact with this medicine. Tell your doctor or pharmacist if you have any medical conditions, especially if any of the following apply to you:

- if you are pregnant, planning to become pregnant, or are breast-feeding
- if you are taking any prescription or nonprescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have heart or blood vessel problems, bleeding problems, high blood pressure, high cholesterol or lipid levels, diabetes, kidney problems, asthma, migraine headaches, epilepsy, or lupus
- if you have a history of seizures, depression or other mental or mood problems, cancer, or tobacco use
- if you have a family history of blood clots
- if you are very overweight

Some MEDICINES MAY INTERACT with this medicine. Tell your health care provider if you are taking any other medicines, especially any of the following:

- Rifampin or Ketoconazole

This is not a complete list of all interactions that may occur. Ask all of your health care providers, including your primary care provider or MD and naturopath, if this medicine may interact with other medicines, herbals, or supplements that you take. Check with your health care provider before you start, stop, or change the dose of any medicine.

### **Important safety information about this medicine:**

- This medicine may cause drowsiness, dizziness, or lightheadedness. These effects may be worse if you take it orally, with alcohol, or with certain medicines. Use this medicine with caution. Do not drive or perform other possibly unsafe tasks until you know how you react to it.
- This medicine may increase your risk of developing blood clots. Inform your doctor if you have a history of thrombophlebitis, pulmonary embolism, retinal thrombosis and cerebrovascular disorders. If you will be having surgery or be confined to a bed or chair for a long period of time (such as a long plane flight) special precautions may be needed in these circumstances while you are taking this medicine.

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- Diabetes patients - This medicine may affect your blood sugar. Check blood sugar levels closely. Ask your doctor before you change the dose of your diabetes medicine.
- This medicine may interfere with a specific lab test for digoxin (a heart medication) blood levels, causing a false elevation in blood levels and/or a false positive. Be sure your doctor and lab personnel know you are taking this medicine.
- This medicine should not be used in CHILDREN; safety and effectiveness in children have not been confirmed.
- PREGNANCY and BREAST-FEEDING: Do not use this medicine if you are pregnant. Avoid becoming pregnant while you are taking it. If you think you may be pregnant, contact your doctor right away. This medicine is found in breast milk. If you are or will be breast-feeding while you use this medicine, check with your doctor. Discuss any possible risks to your baby.

**Possible side effects of this medicine:**

All medicines may cause side effects, but many people have no, or minor, side effects.

Check with your doctor if any of these most COMMON side effects persist or become bothersome:

Back pain; breakthrough bleeding; breast pain; breast tenderness; constipation; cough; cramps; depression; diarrhea; dizziness; fluid retention; headache; hot flashes; irritability; joint pain; lightheadedness; muscle pain; nausea; night sweats; sleepiness or tiredness; upper respiratory tract infection; urinary problems; vaginal discharge; vaginal dryness; viral infection; vomiting; weight changes.

Seek medical attention right away if any of these SEVERE side effects occur:

Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue); abnormal vaginal bleeding; bulging eyes; coughing up blood; dark urine; double vision; fainting; gallstones; mental or mood changes (e.g., severe depression or worry); migraine; numbness of an arm or leg; pain or lumps in the breast; one-sided weakness; pounding in the chest; seizures or tremors; severe stomach pain; speech problems; sudden, severe chest pain or numbness; sudden, severe headache; sudden, severe vomiting, dizziness, or fainting; sudden sharp pain or swelling in the calf or leg; sudden shortness of breath; stomach pain, swelling, or tenderness; swelling of the ankles or fingers; vision problems or changes (including sudden, partial, or full loss of vision); yellowing of the eyes or skin.

This is not a complete list of all side effects that may occur. If you have questions or need medical advice about side effects, contact your doctor or health care provider.

**Proper storage of this medicine:**

Store this medicine at room temperature in a tight, light-resistant container. Store away from heat, moisture, and light. Do not store in the bathroom. Keep this medicine out of the reach of children and away from pets.

**General information:**

- If you have any questions about this medicine, please talk with your doctor, pharmacist, or other health care provider.
- This medicine is to be used only by the patient for whom it is prescribed. Do not share it with other people.
- If your symptoms do not improve or if they become worse, check with your doctor.

This information is a summary only. It does not contain all information about this medicine. If you have questions about the medicine you are taking or would like more information, check with your doctor, pharmacist, or other health care provider.

My signature confirms that I have read and understand this document on Progesterone. I understand that if I have any questions, concerns or would like more information I will ask Dr. Mariotti to provide me with more information.

\_\_\_\_\_  
Date

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Signature of Patient

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Signature of Patient Representative or Guardian