



## Your guide to Utrogestan<sup>®\*</sup>

Utrogestan is a soft vaginal capsule for women who need progesterone while undergoing fertility treatment.



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This booklet will help your understanding of Utrogestan. It is not a substitute for talking to your healthcare professional.

\*Please refer to the Consumer Medicine Information.

## About progesterone in pregnancy and the role of Utrogestan

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Utrogestan contains progesterone, a female hormone that prepares the uterus (womb) for pregnancy and helps maintain the pregnancy until the placenta is developed — a process known as luteal phase support.

If you are having fertility treatment (i.e. assisted reproductive technology or ART) and your doctor has determined that you are not producing enough progesterone, you may be prescribed Utrogestan.

Utrogestan is used to supplement progesterone in order to help prepare your womb to receive and maintain a fertilised egg. Once pregnancy occurs, Utrogestan may be used until production of progesterone by the placenta is adequate.



## WHY UTROGESTAN?

Utrogestan contains the natural female hormone progesterone. It is *identical* to the hormone produced naturally in your body and has been finely ground (or micronised) to enable your body to absorb it more easily.

Utrogestan is normally used for women who are undergoing fertility treatment. However, your doctor may have prescribed Utrogestan for another purpose. Speak to your doctor if you have any questions about why you have been prescribed Utrogestan.



# Taking Utrogestan

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## WHEN TO START

Utrogestan is usually administered after an embryo has been transferred into the uterus.

## START WITH

### ONE VAGINAL CAPSULE THREE TIMES DAILY

- One 200 mg vaginal capsule
- Three times daily
- Start from the day of embryo transfer

## CONTINUE WITH

### ONE VAGINAL CAPSULE THREE TIMES DAILY

- One 200 mg vaginal capsule
- Three times daily
- For the first 3 months of pregnancy unless your doctor has recommended otherwise

## IF YOU NEED A DOSE THAT IS DIFFERENT TO THE ABOVE, YOUR DOCTOR WILL PRESCRIBE ONE THAT IS RIGHT FOR YOU

- The recommended dosage for women undergoing IVF is 600 mg/day, in three divided doses from the day of embryo transfer until at least the 7th week of pregnancy and not later than the 12th week of pregnancy

# How to insert Utrogestan

- Practise good hygiene and wash your hands before and after inserting the Utrogestan vaginal capsule.
- Take one Utrogestan 200 mg vaginal capsule from the blister pack.
- Gently insert the capsule deep into your vagina using your finger. No applicator needed.

**SMALLER THAN A JELLY BEAN**



Utrogestan 200 mg  
soft vaginal capsule (actual size)



- Wearing a panty liner is recommended — sometimes there may be some leakage from the dissolved capsule.

## **IF YOU FORGET TO TAKE A DOSE**

- If it is almost time for your next dose, skip the dose you missed and take your next dose at the usual time.
- Otherwise, take it as soon as you remember, and go back to using Utrogestan as you would normally.
- Do not double your dose to make up for the dose you missed.

# Questions

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## WHAT ARE THE INGREDIENTS IN UTROGESTAN?

The active ingredient is progesterone. The inactive ingredients (added during the manufacturing process) are sunflower oil, soya lecithin, gelatin, glycerol and titanium dioxide.

## CAN ANYONE USE UTROGESTAN?

Most women can safely use Utrogestan. However, with some medical conditions Utrogestan should not be used. These include, but are not limited to, cancer of the breast or genital organs, undiagnosed vaginal bleeding, blood clots or a history of blood clots, breastfeeding, ectopic pregnancy, severe liver disease, porphyria (a blood disorder), or having a history of allergy to any of the ingredients in Utrogestan.

Before starting Utrogestan, you should tell your doctor if you have had or suffer from epilepsy, migraine, high blood pressure, asthma, diabetes, depression, or heart, liver or kidney disease.

Your doctor is fully aware of all of the reasons why a woman should not use Utrogestan and will have assessed you to see if treatment is appropriate. If you are unsure whether you should use Utrogestan, talk to your doctor.

## HOW SOON AFTER USING UTROGESTAN CAN YOU SHOWER, SWIM OR HAVE SEX?

Utrogestan is normally absorbed within minutes of insertion, however, it is advised that you wait 15 minutes before showering and 30 minutes before having sexual intercourse or swimming.

## **ARE THERE ANY SIDE EFFECTS WITH UTROGESTAN?**

Most women can use Utrogestan without side effects. Very rarely, women using Utrogestan have experienced a burning sensation or itching of their vagina. If you experience any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

Please ensure you read the Consumer Medicine Information (CMI) for further information, or consult with your doctor or pharmacist about these and other less common side effects.

## **CAN YOU USE UTROGESTAN WITH OTHER MEDICATIONS?**

Tell your doctor or pharmacist if you are taking any other medications, including any that you buy without prescription from your pharmacy, supermarket or health food shop. Don't forget to mention herbal medicines. Your doctor will know what medicines you need to be careful with or avoid while using Utrogestan. If you are asked to start any new medication, tell your doctor or pharmacist that you are already using Utrogestan.

## **HOW SHOULD YOU STORE UTROGESTAN?**

After using Utrogestan, you should store the remaining capsules in the original packaging until it is time to use them. Keep your Utrogestan in a cool dry place where the temperature stays below 30°C, but do not refrigerate the capsules. Do not store Utrogestan or any other medicine in the bathroom or near a sink. Do not leave it in the car or on window sills. Make sure you keep your Utrogestan somewhere children cannot reach it. A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

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# Tips to help you remember your midday dose

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Sometimes the day just gets away from us, and it can be difficult to remember to take your midday dose. Try some of these helpful hints to make sure you take your Utrogestan morning, noon and night.

## **SET YOURSELF AN ALARM**

- Add a daily recurring appointment to your computer or your phone
- Name it something personal to you, so only you know what it means

## **MAKE IT A HABIT: LINK YOUR UTROGESTAN DOSE TO AN ACTIVITY YOU DO EVERY DAY**

- If you go out for lunch, stop in the bathroom and insert your Utrogestan on the way
- If you take your lunch to work, take your Utrogestan before you get your lunch from the fridge

## **MAKE A PACT WITH YOUR PARTNER OR CLOSE FRIEND**

- Ask them to phone or text you as a back-up reminder

## **TAKE ADVANTAGE OF TECHNOLOGY**

- Download a medication reminder app and program your daily dose

## **GO OLD SCHOOL**

- Leave yourself a post-it somewhere you will see it around midday



## Access your guide to Utrogestan online

You can also view all the information  
in this booklet and more on the  
Utrogestan website. Visit:

[www.utrogestan.com.au](http://www.utrogestan.com.au)

You will need an activation code to  
enter the website

- Your code is the AUST R number  
on your Utrogestan pack



## Further information

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Ask your doctor if you have any questions about Utrogestan or if you have any concerns before, during or after using Utrogestan. Further details can also be found in the Consumer Medicine Information (CMI) available from your doctor, pharmacist or [www.besins-healthcare.com.au](http://www.besins-healthcare.com.au)



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For medical information call 1800 BESINS (237 467). [www.besins-healthcare.com.au](http://www.besins-healthcare.com.au)

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