

YOUR UTROGESTAN® QUICK-START GUIDE FOR LUTEAL PHASE SUPPORT



WHAT IS UTROGESTAN?

Utrogestan is a small soft gelatine vaginal capsule that contains the hormone progesterone, which is identical to the progesterone produced during pregnancy.¹

HOW OFTEN IS UTROGESTAN TAKEN?

Utrogestan is usually taken in three divided doses each day – one in the morning, one later in the day, and one in the evening before you go to bed.^{1,2}

If you need a dose that is different to the above, your doctor will prescribe one that is right for you.



A box of Utrogestan contains 42 soft gelatine capsules which provides 2 weeks of luteal phase support when prescribed at the standard dose.

UTROGESTAN®
micronised progesterone

HOW IS UTROGESTAN INSERTED?

Insert deep into the vagina using your finger. There's no need to use an applicator or to lie down afterward.^{1,2} To view the video on how to insert the Utrogestan capsule visit www.besins-healthcare.com.au/patients



DOES UTROGESTAN NEED TO BE STORED IN THE FRIDGE?

Keep at room temperature (<30°C) – there's no need to refrigerate.^{1,2}

WHAT TO EXPECT AFTER TAKING UTROGESTAN?

Most women experience no side effects at all. Vaginal discharge is rare.¹

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

Utrogestan is rapidly absorbed and women can shower after 15 minutes, or swim or have sex after 30 minutes.¹⁻³

WANT MORE INFORMATION?

Download the Utrogestan patient booklet and watch the video on how to insert the capsule, by scanning the QR code or by visiting

besins-healthcare.com.au/patients



This information is intended for patients prescribed Utrogestan while undergoing fertility treatment. It is not a substitute for talking to your healthcare professional.

Further information can also be found in the Consumer Medicine Information available from your doctor, pharmacist or www.besins-healthcare.com.au/patients

References: 1. Utrogestan (micronised progesterone) Consumer Medicine Information, updated 13 November 2019. 2. Utrogestan (micronised progesterone) Product Information, updated 13 November 2019. 3. Besins data on file.

Utrogestan® is a registered trademark of Besins Healthcare. Besins Healthcare Australia Pty Ltd. ABN 68 164 882 062. Suite 3, Level 2, Tower 1, 495 Victoria Ave, Chatswood, NSW 2067. Office phone (02) 9904 7473. For medical information call 1800 BESINS (237 467). www.besins-healthcare.com.au. UTR0541 Approval date Dec 2020

