



Your guide to Utrogestan for prevention of preterm birth

A soft vaginal capsule for women with
singleton pregnancy who have a short cervix
(midtrimester sonographic cervix $\leq 25\text{mm}$)
and/or a history of spontaneous preterm birth¹

This booklet is intended for patients prescribed Utrogestan for the prevention of preterm birth, and will help with your understanding of Utrogestan. It is not a substitute for talking to your healthcare professional.

About preterm birth

Preterm birth is defined as birth before 37 completed weeks of pregnancy.^{2,3}

In Australia, preterm birth occurs in approximately 1 in 12 babies, with most of these births occurring between 32 and 36 completed weeks of pregnancy.² Preterm birth may result in babies being at higher risk of developing short- and long-term complications compared to babies who are born at term.²⁻⁴

Preventing preterm birth

Certain risk factors can help to identify women who are at higher risk of preterm birth. These include women who have had a previous preterm delivery and/or a short cervix identified in the second trimester.^{3,4}

Short cervix

Your cervix is the lower end of the uterus that forms a canal between the uterus and vagina.⁵ Measuring cervical length in the second trimester, typically at the 18-20 week ultrasound, can identify women with a short cervix. If you have been diagnosed with a short cervix, you have a higher risk of delivering before term.^{3,4}

Previous preterm birth

Women who have had a previous premature birth are also at higher risk of delivering preterm in a subsequent pregnancy.^{3,4}

If you have been diagnosed with a short cervix and/or if you have had a previous preterm birth, treatment with progesterone may reduce your risk of preterm birth.^{3,4}

Why Utrogestan?

Utrogestan contains the natural female hormone progesterone, an essential hormone for maintaining pregnancy. 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.^{1,6,7}

Utrogestan may be used for prevention of preterm birth in women with a **singleton pregnancy** who have been diagnosed with a short cervix (typically at the 18–20 week ultrasound), and/or who have had a previous preterm birth.¹

Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Definition:

Singleton pregnancy: a pregnancy with one fetus as opposed to twins/multiples⁸



Using Utrogestan

Utrogestan is provided as a soft capsule to be inserted deep into the vagina.¹

For the prevention of preterm birth, the usual dose is one 200 mg capsule per day, recommended at bedtime. Treatment can be started during the second trimester (16-24 weeks of pregnancy), and is to be continued to the end of the 36th week of your pregnancy or until delivery.¹

Follow all directions given to you by your doctor carefully.



One vaginal capsule per day¹



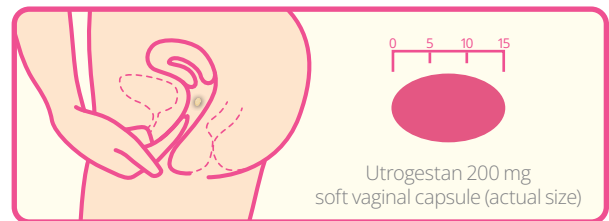
Recommended at bedtime¹



Started during the second trimester (16-24 weeks of pregnancy)¹

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.
- Place the Utrogestan capsule on the tip of your finger and insert as far as possible into the vagina. No applicator is needed.



To view the video on how to insert the Utrogestan capsule, visit the link below or scan the QR code.

<https://besins-healthcare.com.au/patient-support/womens-health/pregnancy-support/>



- Wearing a panty liner is recommended — sometimes there may be some leakage from the dissolved capsule.
- You do not need to lie flat during or after the insertion of the Utrogestan capsule.

How long should you use Utrogestan?

For the prevention of preterm birth, Utrogestan should be continued to the end of the 36th week of your pregnancy or until delivery.¹

Do not stop using Utrogestan unless your doctor, nurse or pharmacist tells you to.¹

If you forget to use Utrogestan

- If it is almost time for your next dose, skip the dose you missed and use your next dose when you are meant to, as usual.¹
- Otherwise, use it as soon as you remember, and go back to using Utrogestan as you would normally.¹
- Do not use a double dose to make up for the dose that you missed.¹

Frequently asked questions

What are the ingredients in Utrogestan?

The active ingredient is progesterone. The inactive ingredients (added during the manufacturing process) are sunflower oil, lecithin, gelatin, glycerol and titanium dioxide.¹

Are there any side effects with Utrogestan?

Most women can use Utrogestan without side effects.^{1,9}

Some women may experience side effects including vaginal burning, vaginal itching and vaginal discharge. The incidence of these side effects is extremely low.^{1,9}

Some women may also experience drowsiness or dizziness. Make sure you know how you react to Utrogestan before you drive a car, operate machinery or do anything else that could be dangerous if you are dizzy or light-headed. If this occurs, do not drive.¹

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are using Utrogestan.¹

Can anyone use Utrogestan?

Most women can safely use Utrogestan.^{1,9}

Utrogestan can't be used if you have certain medical conditions. These include, but are not limited to: an allergy to any of the ingredients in Utrogestan, including soya; undiagnosed vaginal bleeding; missed abortions or ectopic pregnancy; severe liver problems; cancer of the breast or genital tract; blood clots or a history of blood clots; bleeding on the brain; and porphyria disorder (a blood disease).¹

Do not use Utrogestan if you are breast-feeding.¹

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.¹

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.

Can you use Utrogestan with other medicines?

Tell your pharmacist or doctor if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop. Don't forget to mention herbal medicines. Some medicines may affect the way other medicines work, and some medicines may interfere with Utrogestan if taken at the same time.¹

Your doctor will know what medicines you need to be careful with or avoid while using Utrogestan. You can also refer to the Utrogestan Consumer Medicine Information (see the QR code on the back on this booklet) for a list of medicines that may interact with Utrogestan. If you are prescribed any new medicines, tell your doctor or pharmacist that you are already using Utrogestan.¹

How should you store Utrogestan?

You should store Utrogestan in the original container in a cool dry place where the temperature stays below 30°C. You do not need to store Utrogestan in the fridge.¹

How soon after using Utrogestan can you shower, swim or have sex?

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

More information

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 available from your doctor, pharmacist or by clicking or scanning the QR code.

To find out more about Utrogestan for the prevention of preterm birth, you can also visit <https://besins-healthcare.com.au/patient-support/womens-health/pregnancy-support/> and enter the AUST R number found on the front of your Utrogestan pack.



References: 1. Utrogestan® (micronised progesterone) Consumer Medicine Information, accessed September 2024. 2. Australian Institute of Health and Welfare (AIHW). Australia's mothers and babies, last updated 24 Sep 2024. Available at: <https://www.aihw.gov.au/reports/mothers-babies/australias-mothers-babies/>; Accessed September 2024. 3. Australian Living Evidence Collaboration. Australian Pregnancy Care Guidelines. Available at: <https://app.magicapp.org/?language=en#/guideline/8469>; Accessed September 2024. 4. The Whole Nine Months. Mums to be. Available at <http://www.thewholeninemonths.com.au/mumstobe/>; Accessed September 2024. 5. National Cancer Institute. Definition of cervix. Available at <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/cervix>. Accessed September 2024. 6. Apgar BS *et al.* *Am Fam Physician* 2000;62:1839–1846. 7. Panay N. *Post Reprod Health* 2014;20:69–72. 8. The Free Dictionary. Singleton. Available at <https://medical-dictionary.thefreedictionary.com/singleton>. Accessed September 2024. 9. Utrogestan® (micronised progesterone) Product Information, accessed September 2024. Utrogestan® is a registered trademark of Besins Healthcare. Besins Healthcare Australia Pty Ltd. ABN 68 164 882 062. Suite 5.02, 12 Help St, Chatswood NSW 2067. Office phone (02) 9904 7473. For medical information call 1800 BESINS (237 467). www.besins-healthcare.com.au UTR-2188 Prepared October 2024





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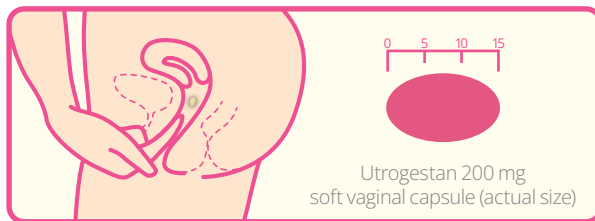
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