

What is this medicine?

Progesterone (proe-JES-ter-one)

- Progesterone is a hormone derived from yams and may be prescribed to women who no longer produce a sufficient amount on their own.
- It may be used to reduce the chance of endometrial changes in women who are receiving estrogen therapy during/after menopause.
- It may be used by men to decrease the conversion of testosterone to DHT (dihydrotestosterone).
- It may also be used for other conditions as determined by your doctor.

Compounded Drug Forms: BLA tablet, capsule, sublingual tablet, fast-burst sublingual tablet, vaginal tablet, troche, vaginal suppository, cream, gel, suspension

What should I tell my health care provider before I take this medicine?

- Allergy to progesterone
 - Pregnant or may be pregnant
 - History of a recent miscarriage or a pregnancy outside of the uterus
 - Undiagnosed severe vaginal bleeding
 - Active cancer of the breast, ovary, cervix or uterus
 - History of blood clots, stroke, or have a history of heart attacks
 - Liver dysfunction or disease.
 - Smoking while using this medication may increase your risk of blood clots.
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How should I use this medicine?

Follow the package directions provided by Belmar Pharmacy and by your prescriber. Your dosage is based on your medical condition and response to therapy. Oral tablets may be taken with or without food, if it upsets your stomach take it with a small meal. This medication may cause drowsiness and be taken at bedtime. Follow the dosing schedule provided carefully.

Sublingual tablets and fast-burst sublingual tablets should be placed under the tongue or between the cheek and gums and held in place until fully dissolved. Avoid swallowing saliva to ensure best absorption into the blood stream. Avoid eating or drinking 15 minutes before or after taking sublingual tablet.

Topical products can be applied to the inner arm, upper thigh, back of the knee, tops of the feet and inner wrists. It is recommended to rotate sites to ensure even retention of the hormone.

Vaginal tablets or suppositories should be inserted using your finger or the applicator provided. Suppositories may leak, and may be more convenient to use at bedtime.

What if I miss a dose?

- If you miss a dose take it as soon as possible.
 - If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule.
 - Do not take double the dose at once.
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What should I watch for while using this medicine?

Belmar Pharmacy recommends yearly checkups with your provider including but not limited to a hormone level test, PAP smear and mammogram.

What side effects may I notice from receiving this medicine?

Possible side effects that may occur and may go away as your body gets used to the medication include:

- Dizziness or fatigue
- Increased appetite
- Constipation or Diarrhea
- Headache
- Acne

- Hair loss or growth
- Upset stomach or vomiting
- Stomach cramps or bloating
- Enlarged or tender breasts
- Weight gain/loss
- Vaginal bleeding/spotting
- Lowered interest in sex

Serious Side Effects: Contact your doctor immediately or seek medical attention if you experience:

- Chest pain
- Trouble breathing
- One sided weakness
- Slurred speech
- Sudden change/loss of vision
- Swelling of the arms or legs
- Severe mental/mood changes (depression or memory loss)
- Trouble walking
- Signs of liver problems (dark urine, light colored stools, vomiting, or yellow skin or eyes)
- Lumps in the breast
- An allergic reaction to this medication is unlikely but seek medical attention if it occurs. Symptoms of an allergic reaction include rash, itching, swelling, severe dizziness, trouble breathing.

Where should I keep my medicine?

Store at room temperature between 59 and 86 degrees F, unless otherwise specified on the packaging.

Additional Information:

- Do not share this medication with others to whom it was not prescribed.
- Keep out of reach from children and pets.
- If an overdose is suspected contact your local poison control center at 1-800-222-1222 or go to the nearest emergency room.

If you have any questions concerning this or any of your medications, a pharmacist is available during normal business hours to answer your questions. You may report side effects to the FDA at 1-800-FDA-1088.

Consumer Information Use and Disclaimer: This information should not be used to decide whether or not to take this medication or any other medication. Only the healthcare provider has the knowledge and training to decide which medicines are right for a specific patient. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does not include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. For questions about the source of any of the information provided herein, pharmacists at Belmar Pharmacy are available. This information is not specific medical advice and does not replace information you receive from the healthcare provider. You must talk with the healthcare provider for complete information about the risks and benefits of this medicine.

Hazardous Drug: Observe special handling and disposal requirements.

Do not flush down a toilet or pour down a drain. Check with your pharmacist if you have questions about the best way to dispose of medications. There may be a drug take-back program in your area.

BelmarTM

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