



Patient Information Sheet – Progesterone

This medicine was compounded specifically for you in a pharmacy to fill the prescription your doctor wrote for you. It was specially made to meet your individual needs. For this reason, no standardized information or literature is available with your prescription. If you have not done so, please discuss this medicine with your doctor to ensure that you understand (1) why you have been prescribed a compounded medicine, (2) how to properly take this medicine, and (3) the interactions, if any, this medicine may have with any other medicines you are taking.

Compounding is a long-standing pharmacy practice that allows doctors to treat their patients' individual needs without being restricted only to off-the-shelf medicines or devices. This medicine was prepared in a compounding pharmacy to meet the specifications ordered by your doctor.

Call your doctor if you experience any side effects, if you are taking additional medicines that may interact with this compounded medicine, or if you have allergies or other medical conditions that should be noted. Call our pharmacists if information on the label is not clear to you or you have any concerns regarding precautions, ingredients, or proper storage. Our pharmacists are available to address any additional questions or concerns.

Medication: This compounded prescription contains progesterone. This medication is a natural, plant-derived hormone.

Use: Progesterone is used to treat many conditions, some of which are: treating abnormal periods, aiding conception, maintaining pregnancy, hormone replacement therapy, and other conditions as determined by a physician.

Side Effects: When taken alone, progesterone is generally mild and without significant side effects. Some patients experience mild drowsiness or absence of menstrual periods. When progesterone is taken along with other hormones, especially estrogen, possible side effects of therapy include nausea, changes in menstrual flow, breakthrough bleeding, spotting, missed periods, breast tenderness, headache, acne, or skin discoloration. If they continue or are bothersome, contact your physician, as these may be signs of hormone imbalance.

Precautions: Progesterone may affect blood sugar and thyroid levels. Contact your physician if you are currently taking medications for either of these conditions. You should also contact your doctor if you experience weight changes, rash, itching, depression, or swelling of the ankles and fingers. Contact your doctor immediately if you experience sudden or severe headache, sudden loss of coordination, sudden loss of vision or changes in vision, chest pain, weakness, numbness or pain in arm or leg, shortness of breath, or slurred speech. If you notice other effects not listed above, contact your physician.

Dosage and Administration: This medicine may be administered as an injection, a vaginal suppository, an oral capsule or liquid, sublingual lozenge, drops or tablets, or a transdermal gel or cream applied to the skin. Normal doses range from 25mg to 400mg taken one to four times daily.

Storage and Beyond Use Dating: Most forms of compounded progesterone should be stored at controlled room temperature (68°-77°F) with two exceptions: suppositories and oil-filled capsules should be refrigerated. The "Beyond Use Date" is the expiration date for compounded medicines. Most progesterone forms are stable for three to six months after the dispensing date, however, it is always best to refer to your medication's label for specific storage requirements and beyond use dating. Search "How to Dispose of Unused Medicines" at www.fda.gov for info on medication destruction.

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Disclaimer: This Patient Information Sheet explains the proper use and storage of the described medication and is provided as a service to our customers. This guideline is a summary of information and is not intended to replace or act as an official drug monograph. Patients with further questions or concerns specific to this compounded medication should consult their pharmacist. Patients with questions regarding therapy not discussed above should consult their doctor.

Last update: May 2014