

PROGESTERONE COMPOUND

What is this medicine?

Progesterone (proe-JES-ter-one)

- Progesterone is a hormone derived from yams and may be prescribed to patients who no longer produce a sufficient amount on their own.
- It may be used to reduce the chance of endometrial changes in patients who are receiving estrogen therapy during/after menopause.
- It may be used to address uterine bleeding due to hormonal imbalance.
- It may be used 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: tablet, fast-burst sublingual tablet, capsule, troche, suspension, suppository, cream, gel, topical solution, pellet

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

- Allergy to progesterone
- Pregnant or may become pregnant; are breastfeeding
- History of a recent miscarriage or a pregnancy outside of the uterus
- Undiagnosed severe vaginal bleeding
- Suspected, history of, or active cancer of the breast, ovary, cervix, or uterus
- History of blood clots, stroke, or heart attack
- Liver dysfunction or disease
- History of depression
- Smoking while using this medication may increase your risk of blood clots

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 dosage forms may be taken with or without food. If it upsets your stomach take it with a small meal. This medication may cause drowsiness and may be recommended for bedtime dosing. Follow the dosing schedule provided carefully.

Sublingual formulations should be placed under the tongue or between the cheek and gum 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 formulations.

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. Cover treated skin with clothes to avoid contact with people or pets.

Vaginal preparations 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.

What should I watch for while using this medicine?

Belmar Pharma Solutions 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
- Headache
- Mood changes
- Acne
- Hair loss or growth
- Increased appetite
- Constipation, diarrhea, upset stomach, or vomiting
- Stomach cramps or bloating
- Weight changes
- Enlarged or tender breasts
- 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
- Extreme dizziness or passing out
- Severe mental/mood changes (depression or memory loss)
- Trouble walking
- Painful or frequent urination
- Signs of liver problems (dark urine, light-colored stools, vomiting, or yellow skin or eyes)
- Lumps in the breast

You may experience side effects not listed. Contact your doctor with questions.

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.

Contraindications:

Hypersensitivity to progesterone or any component of the formulation. Progesterone therapy is contraindicated in liver dysfunction or disease, undiagnosed abnormal genital bleeding, current, suspected, or history of breast cancer, current or history of deep vein thrombosis (DVT)/pulmonary embolism (PE), arterial thromboembolic disease (such as stroke or heart attack), and thrombophilic disorders.

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.
- Keep out of reach of 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 Pharma Solutions 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.

NIOSH 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.

References:

1. Progesterone. Lexi-Drugs. Lexicomp. Wolters Kluwer Health, Inc. Riverwoods, IL. Available at: <http://online.lexi.com>. Accessed March 2023.