

You have received this patient information from your doctor/nurse.



PATIENT INFORMATION

Utrogestan[®]

(micronised progesterone)

**to prevent preterm birth
in certain women with
singleton pregnancy**

What is Utrogestan®?

Utrogestan® contains the natural female sex hormone progesterone, the same hormone that is produced by your ovaries following ovulation.

What is Utrogestan® used for?

- Utrogestan® can be prescribed to prevent preterm birth in certain women with singleton pregnancy.
- The progesterone relaxes the womb and limits uterine contractions.
- The progesterone helps to keep the cervix closed, by reducing the risk of it softening and flattening.



How to use Utrogestan®

Please note: Utrogestan® contains soybean lecithin. If you are allergic to peanuts or soya, do not use this medicine.

- Utrogestan® is a soft vaginal capsule that contains 200 mg of progesterone.
- Treatment with Utrogestan® begins at about week 20 and ends during week 34 of your pregnancy.
- The vaginal capsule should be inserted as deep as possible into the vagina – once a day at bedtime.



Complete the treatment as prescribed by your doctor.

A few tips for Utrogestan® treatment

- The easiest way to insert the capsule is lying on your back with your legs slightly pulled up.
- The capsule dissolves in the vagina and the progesterone is absorbed by the womb within 3–4 minutes. Following this, the other ingredients contained in the capsule (such as sunflower oil) may leak out and cause vaginal discharge. This is quite normal, and you should therefore use panty liners each night as a precaution throughout your treatment.



● **What should I do if I have used too much Utrogestan®?**

If you have used too much of the medicine, or if, for example, a child has ingested the medicine by mistake, contact a doctor, a hospital or the Swedish Poisons Information Centre (tel. 112) for a risk assessment and advice. In the event of an overdose, you may feel dizzy or tired.

● **What should I do if I have forgotten to use Utrogestan®?**

If you have forgotten a dose, take it as soon as you remember. If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to, as usual. Do not use a double dose to make up for the dose that you missed.

● **Read the patient information leaflet**

Always follow the instructions issued by your doctor. More information can be found in the patient information leaflet. Read it carefully.

● **Possible side effects**

As with all medicines, Utrogestan® can cause side effects, but not all users will experience them. Possible side effects include oily vaginal discharge, bleeding and itching.

In very rare cases (up to 1 in every 10,000 users) a severe allergic reaction, with difficulty breathing or dizziness, may occur.

Notes

Contact details

Utrogestan®

progesteron

Utrogestan® (micronised progesterone) 200 mg or 300 mg soft vaginal capsule, with the strength determined by your doctor. This is a prescription medicine.

What Utrogestan is used for: Utrogestan can be used in combination with in vitro fertilisation (IVF treatment) to help you become pregnant or to prevent preterm singleton birth in certain women.

Warnings and precautions

Utrogestan is not a contraceptive.

If you believe that you may have miscarried, consult your doctor as you will need to stop using Utrogestan.

If you experience vaginal bleeding, speak to your doctor.

If you are taking this medicine to help you become pregnant during fertility treatment, Utrogestan is to be used only during the first three months of pregnancy.

If you are taking this medicine to prevent preterm singleton birth, your doctor will discuss the risks and advantages of the various alternatives available to you. You and your doctor will make a joint decision on the most suitable treatment.

If you are at risk of a preterm birth, you can be prescribed Utrogestan for between about week 20 and week 34 of your pregnancy. If your water breaks when you are taking the medicine, you must seek immediate medical attention. If this happens, there may be an immediate risk to both you and your baby.

In rare cases, use during the second and third trimesters of pregnancy can result in liver problems. Contact your doctor if you develop itchy skin, as this can be a symptom of liver problems.

Read the patient information leaflet carefully before you start your treatment with Utrogestan®