Vaginal Progesterone

Progesterone is a natural hormone produced by the ovaries during your menstrual cycle and by the placenta throughout pregnancy. The medicine, vaginal progesterone, can prolong pregnancy and prevent premature birth. If you have a short cervix or have had a pre-term birth with a previous pregnancy, you may be placed on this medicine.

How to use this medicine

1. Just before going to bed, empty your bladder and then wash your hands with soap and water.
2. Remove the medicine (pill or suppository) from its packaging.
3. If using a suppository, you may wet it with a small amount of water or K-Y Jelly. Do NOT use lotion or Vaseline.
4. Place the pill or suppository into the vagina like a tampon. Place it far enough in, so it does NOT fall out. Be careful to not push the medicine into the cervix.
5. You may want to wear a sanitary pad to protect your clothing from the medicine that may leak out overnight. Do NOT use a tampon.
6. Wash your hands with soap and water.

If you miss a dose

This medicine is taken one time a day at bedtime. If you miss a dose, restart the medicine at bedtime the next day. Do NOT take 2 doses to make up for the missing dose.

Refills

When you have 7 pills or suppositories left on your prescription, call the pharmacy phone number on the medicine label for a refill. You will be on this medicine until 36 weeks of pregnancy.

How to store this medicine

- Keep the medicine at room temperature.
- Keep all medicines away from children.

Talk to your doctor

- If you have any side effects while on this medicine.
- Before starting any other medicines, including over the counter medicines, vitamins and herbal products.

Talk to your doctor or health care team if you have any questions about your care.

The Library for Health Information is available to help you find more health information at (614) 293-3707 or e-mail: health-info@osu.edu.

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