

# Vaginal Micronised Progesterone for Threatened Miscarriage

Gynaecology Outpatient Department

## Introduction

This leaflet has been designed to give you more information about the use of progesterone for threatened miscarriage, to help you better understand the risks and benefits of this treatment. If the leaflet does not answer all your questions, please do not hesitate to ask your health care practitioner.

## What is progesterone?

Progesterone is a hormone that is released naturally by the female body in the second half of the menstrual cycle and in early pregnancy. Progesterone prepares the lining of the womb for implantation of the embryo (when the embryo attaches to the uterine wall).

If implantation happens, progesterone continues to be produced, and at between 8 and 12 weeks of gestation, the placenta takes over the role of producing progesterone and maintains the pregnancy from there on.

## Why have I been prescribed this medication?

- You have previously had a miscarriage  
and
- You have had bleeding in your current pregnancy  
and
- You are less than 16 weeks pregnant  
and
- An intrauterine pregnancy (pregnancy growing in the uterus) has been confirmed on ultrasound in Early Pregnancy Assessment Unit (EPAU) at New Cross Hospital

## What are the benefits of this treatment?

Following a review of research studies, National Institute for Health and Care Excellence (NICE) published new guidance that there was good evidence that 400 mg of vaginal micronised progesterone twice a day increases the number of live births in women with early pregnancy bleeding, who have also had a previous miscarriage.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Are there any alternatives?

Currently, there are no alternatives available.

## Are there any risks in using progesterone?

Common side effects include:

- Dizziness, confusion, drowsiness, tiredness
- Headache, mood changes, feeling nervous or irritable
- Stomach pain, nausea, diarrhoea, constipation
- Bloating, swelling in your hands or feet
- Breast pain, swelling, or tenderness

Allergic reactions may include hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

## How long would I need to take the progesterone?

If we confirm your baby's heartbeat is present on ultrasound scan, treatment is continued until 16 completed weeks of pregnancy.

## What happens next if I decide to try progesterone?

You will be given a prescription for FOUR weeks' worth of the medication to take home with you from EPAU following your ultrasound scan. Your GP will then provide you with a prescription for the medication to continue until you have completed your 16th week of pregnancy.

We will inform your GP that we have started you on this medication.

## How do I use this medication?

The medication is to be inserted vaginally twice a day. Instructions on how to do this can be found on the information leaflet inside the medication box.

## What if I continue to bleed or my bleeding becomes heavier?

Please contact EPAU on:

01902 694606

Monday to Friday, 8:00am to 5:00pm

If you are concerned about your bleeding outside of these hours, please call NHS 111 for advice, or if the bleeding is heavy, attend the Emergency Department.

If you are concerned about any side effects or reactions you may be having to this medication please contact EPAU on the above numbers for advice; if you feel the reaction is severe, please attend the Emergency Department.

## References

[www.nice.org.uk](http://www.nice.org.uk)

[www.tommys.org](http://www.tommys.org)

[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

[www.rcog.org.uk](http://www.rcog.org.uk)

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。