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
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• You have had bleeding in your current pregnancy
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• You are less than 16 weeks pregnant
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• 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 of 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.
How long would I need to the progesterone?
If we confirm your baby’s heartbeat is present on ultrasound scan, treatment is continued until 16 completed weeks of pregnancy.

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; difficult breathing; swelling of your face, lips, tongue, or throat.

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
Saturday, 8:00am to 1:00pm
If you are concerned about your bleeding outside of these hours, please call NHS 111 for advice or in the bleeding 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 Emergency Department.

References
www.nice.org.uk
www.tommys.org
www.miscarriageassociation.org.uk
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
ਨੇ ਉਤਾਰਨ ਚਿਹ ਨਾਹਕਾਰੀ ਬਿਮੇ ਟੇਲ ਚੂਹ ਚਿਹ, ਨਿੱਡੇ ਪਛਤਾਂ ਚਿਹ ਅਮਾਰਾ ਟੂਪ ਜੇ ਬਿਮੇ ਟੂਨੀ ਚਿਹ ਚਿਹ,
ਚੱਟੀ ਸੀ ਉਂ ਬਿਚਲਾ ਬਚਰੇ ਮਾਟੂ ਦੇਸੇ।
ਨੇ ਉਤਾਰਨ ਚਕਾਸੀ ਤੀ ਜੇ ਮਾਹਿਤੀ ਦਿੱਤੀ ਸੀ ਉਂ ਬਿਚਲਾ ਬਚਰੇ ਮਾਟੂ ਦੇਸੇ।

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。