

# UTROGESTAN® (PROGESTERONE) 100MG CAPSULES

Information leaflet for patients prescribed Utrogestan 100mg Capsules

## WHY HAVE I BEEN PRESCRIBED UTROGESTAN 100MG CAPSULES?

Utrogestan 100mg capsule contains a female hormone called progesterone.

Utrogestan 100mg Capsules will be prescribed alongside your oestrogen treatment. This is known as combined hormone replacement therapy (or HRT) and is the recommended treatment for women who have a womb.

This is because if your HRT contains only oestrogen the lining of the womb could build up and this can cause problems. By taking Utrogestan as well, this makes you shed the womb lining and prevents the problem.

Utrogestan 100mg Capsules should always be taken as prescribed by your doctor.

## CHECK-UPS

Once you have started on HRT, you should see your doctor for regular check-ups (at least once a year). At these check-ups, discuss with your doctor the benefits and risks of continuing to take HRT.

### REPORTING SIDE EFFECTS

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

## PRECAUTIONS

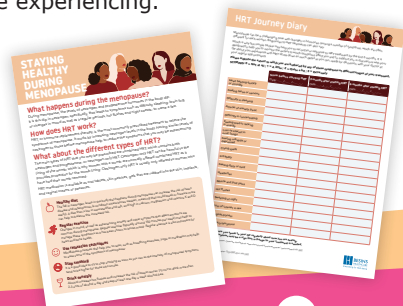
Utrogestan 100mg Capsules contain soybean lecithin and should not be taken if you have a soya allergy. As there is a possible relationship between allergy to soya and allergy to peanut, if you have a peanut allergy you should also avoid taking Utrogestan 100mg Capsules, even though they do not directly contain peanut products.

Like all medicines, Utrogestan 100mg Capsules may cause side effects, although not everybody gets them. Please refer to the package insert contained in your pack of Utrogestan 100mg Capsules for the list of possible side effects.

## WHERE CAN I GET MORE INFORMATION?

Further information can be found in the package leaflet which is inside the Utrogestan box. Contact your doctor if you have any further questions about your Utrogestan 100mg Capsules treatment.

Visit [www.utrogestan.co.uk](http://www.utrogestan.co.uk) to find out more about Utrogestan 100mg Capsules as well as information on menopause, HRT, and lifestyle changes that may provide some relief to symptoms of menopause that you may be experiencing.



# HOW TO TAKE UTROGESTAN 100MG CAPSULES

Information leaflet for patients prescribed Utrogestan 100mg Capsules

## HOW TO TAKE UTROGESTAN 100MG CAPSULES

You will also be prescribed oestrogen HRT medication, and you should take this every day, or as prescribed by your doctor.

There are 2 different ways to take Utrogestan and your doctor will tick the box next to the one that you should follow.

They will also indicate the date of specific days in your cycle to help you with taking your medication.

## TIMELINE OF THE MONTH 1-28 DAYS



**Because Utrogestan 100mg Capsules may cause drowsiness, they should be taken at bedtime.**



**Utrogestan 100mg Capsules should not be taken with food.**