

Taking Utrogestan Information Leaflet

Utrogestan is micronized, body identical, progesterone. It is derived from plants including yams.

****Do not take Utrogestan if you are allergic to Soya.**

Women who take HRT and still have their womb (uterus) are required to take a progestogen in addition to oestrogen. This is because taking oestrogen alone can cause an unhealthy thickening of the womb lining (endometrium). If this happened, there is a potential for it to develop into cancer. Taking progestogen prevents this occurring.

Since natural progesterone can have a mild sedative effect, Utrogestan can cause drowsiness for some women. It is therefore recommended to be taken at bedtime.

****If you work night shifts this medication might not be appropriate for you.**

It can improve sleep quality and doesn't usually cause grogginess or a hungover feeling the following day. It is best to take Utrogestan on an empty stomach because eating food at the same time as taking this medication can increase drowsiness.

There are two ways of taking Utrogestan

- For women who are still having periods within the last 6 to 12 months, the usual recommended dose is two 100mg capsules taken together each evening for 12 consecutive nights on a repeating basis. This regime will create an artificial monthly bleed:

Mon	Tue	Wed	Thur	Fri	Sat	Sun
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

The easiest way to keep track of this regime is to remove 24 tablets from the box (they are dispensed in 30's), decide upon a convenient start day, and stick to it:

So, if Utrogestan is started on a Saturday night, the course will be restarted in 4 Saturday's time.

- For women who have not had a period for over a year, the usual recommended dose is one 100 mg capsule every evening without a break.

The information supplied with this medication describes a slightly different regime, but it is far more straightforward to take it in this way. It is completely safe to take it in either of these ways.

What are the side-effects of Utrogestan?

Some women experience side-effects initially which can include erratic vaginal bleeding, abdominal bloating, lower abdominal pains or discomfort and breast tenderness. Bleeding can be intermittent or continual and can last for the first 3 to 6 months. If bleeding worsens or does not improve with time then you should seek guidance from your menopause specialist or your GP.

Some women find that they feel lower in their mood when they take Utrogestan. This side-effect is less common compared with some of the older progestogens but can still occur in around one in ten women. There are alternative ways of taking Utrogestan which can be discussed if you experience this side-effect.

What are the advantages of Utrogestan compared to other types of progestogens?

As Utrogestan is body identical, women usually experience less side effects compared to the older types of progestogens.

The older types of progestogens which can be given as tablets or as a combination patch, can be associated with a slightly higher risk of clot and heart disease. Studies have shown that women who take Utrogestan do not have a higher risk of clot or heart disease.

The small increased risk of breast cancer in women who take HRT is understood to be related to the type of progestogen, and not oestrogen in the HRT. Taking Utrogestan does not appear to be associated with an increased risk of breast cancer during the first five years of taking it. After this time, the risk of breast cancer is very low and studies have shown that this risk is lower than the risk for a woman taking the older types of progestogens.

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk