



Progesterone Capsules

T: (02) 8783 6777
F: (02) 8783 6400
E: shop.hibpharmacy@gmail.com
Address: Shop 8/441 Hoxton Park Rd, Hinchinbrook NSW 2168

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Additional Information

PLEASE READ THIS INFORMATION CAREFULLY

This Compounded medication is not listed on the Australian Register of Therapeutic Goods (ARTG) and the safety and efficacy of this medicine has not been evaluated by the TGA. This medication has been compounded in a licensed Australian compounding pharmacy because an ARTG registered medication equivalent to what your doctor has prescribed for you is not suitable or was not available at time of supply.

Treatment is to be taken as directed by the physician.

What is in this leaflet

This leaflet answers some common questions about Progesterone Capsules. This leaflet does not contain all the available information. It does not take the place of talking to your doctor or pharmacists. All medicines have risks and benefits. Your doctor/pharmacist has weighed the benefits of you using Progesterone capsules against any risk to your health associated with this medicine.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

Keep this leaflet with the medicine. You may need to read it again.

Common Uses

Bioidentical Progesterone is a plant derived chemical that is identical to progesterone produced by the human body, both in structure and function.

Bioidentical Progesterone restoration therapy is commonly used by perimenopausal and postmenopausal women whose shifting hormones severely effect their well-being, causing symptoms including but not limited to irritability, hot flushes, difficulty concentrating, low libido, sleep disturbances, night sweats, fatigue, hair loss, mood changes, and memory problems.

Women of reproductive age may also choose to take Bioidentical Progesterone for other hormone disorders like endometriosis, polycystic ovary syndrome or others.

Bioidentical Progesterone is also used as a co-treatment for osteoporosis to prevent bone loss. Bioidentical Progesterone is associated with the stimulation of bone formation and density.

Bio-identical Progesterone may also form part of gender-affirming therapy.

Your doctor may have prescribed this medicine for another purpose. Ask your doctor/pharmacist if you have any questions about why this medicine has been prescribed for you.

Before you take Progesterone Capsules

When you must not take it

Do not take this medication if you have an allergy to:

- Any medicine containing Progesterone.
- Any of the ingredients listed in this leaflet.

Symptoms of an allergic reaction may include:

- Skin rash, itching or hives
- Swelling of the face, lips, tongue or other parts of the body
- Shortness of breath, wheezing or difficulty breathing

Do not take this medication if you have any of the following conditions:

- Unusual vaginal bleeding that has not been evaluated by your doctor
- Severe Liver problems
- Known or suspected cancer of the breast or genital tract
- Blood clots (thromboembolic disorder, thrombosis) or a blood clot that has travelled to the lungs (pulmonary embolism)

Do not take this medication after the expiry date printed on the label.

Taking other medicines

Tell your doctor/pharmacist if you are taking any other medicines, including prescription medicines, and vitamins and natural products that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medications may interfere with Progesterone capsules if taken at the same time. These include:

- Carbamazepine, Phenobarbital and Phenytoin (medications for epilepsy)
- Rifampicin
- Spironolactone
- Griseofulvin
- Some antibiotics including ampicillin and tetracycline
- Bromocriptine
- Cyclosporin
- Ketoconazole

Possible interactions with food



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Certain types of food may affect the way medicines work. If you have any concerns about possible interactions between this medication and types of food, discuss this with your doctor or pharmacist.

How to take this medication

Take this medication exactly as directed on the label or by your doctor.

Your doctor may occasionally change your dose to make sure that you achieve the best results from this medication.

If only one dose is missed, take the missed dose as soon as you remember and your next dose when it is due BUT not if it is less than 6 hours before the next dose. DO NOT DOUBLE UP ON DOSES.

It is important to discuss with your doctor or pharmacist if you are not sure why a particular ingredient has been included in your formulation.

While you are taking Progesterone Capsules

Things you must do

Tell any other doctors or pharmacists who are treating you that you are taking Progesterone capsules.

If you are about to start taking any new medicines, tell your doctor or pharmacist that you are taking Progesterone capsules.

Things you must not do

Do not give this medication to anyone else, even if they have the same condition as you.

Do not take this medication to treat any other complaints unless your doctor has told you to.

Do not stop taking this medication or lower the dosage without checking with your doctor or pharmacist.

Possible side effects

In addition to its desired action, this medication may cause some side effects, notably:

- Headache
- Abnormal breakthrough bleeding
- Unusual tiredness or weakness or weight gain
- Acne, breast pain or tenderness
- Mild mood changes, changes in libido
- Constipation
- Dizziness and drowsiness

Other side effects not listed above may also occur in some people.

Each person may react differently to this treatment. If you think this medication may be causing side effects (including those described here, or others), talk to your doctor or pharmacist. He or she can help you to determine whether the medication is the source of the problem.

Storage information

This product is to be stored at room temperature. Store it in a secure location where it will not be exposed to excessive heat, moisture or direct sunlight.

Keep it out of reach of young children.

Do not use after the expiry date which is stated on the label (BUD) Ensure that any unused medication is disposed of safely.

Ingredients

The active ingredients in this treatment are as follows:

- Micronised Progesterone (Yam derived)

The non-active ingredients in this treatment are as follows:

- Methocel E4M
- Silica

This document contains useful information for those taking this medication. It is not intended, in any way, to replace the advice of a trained health professional.