

# **Sand Run Pharmacy**

40 Sand Run Road  
Akron, Ohio 44313  
Phone (330) 864-2138 • Fax (330) 864-9457

## **Medication Fact Sheet Natural Progesterone**

This medication was custom compounded for you based on the prescription from your physician.

**Description of medication:** This medication is a natural, plant derived hormone which is chemically identical to the hormone produced by the human body. Some of Progesterone's many roles are: to promote bone building and protect against osteoporosis, help protect against breast and endometrial cancer, maintain lining of the uterus, promote the survival of the embryo throughout gestation, protect against fibrocystic breasts, act as a natural diuretic, antidepressant, and sleep aid, aid thyroid hormone action, normalize blood clotting and blood sugar levels, and can help maintain sex drive.

**Recommended usage:** Progesterone is used to treat many conditions, some of which are hormone replacement therapy, maintaining pregnancy, aiding conception, treating abnormal periods, and other conditions as determined by your physician.

**Adverse reactions:** Adverse reactions to natural hormones are usually related to dose, dosage form, or composition of your prescription and can usually be eliminated with a dose or dosage form change. Adverse reactions are usually a normal physiologic reaction to a hormonal imbalance and may diminish or disappear during treatment. Adverse reactions to progesterone include drowsiness, dizziness, nausea, changes in menstrual flow, breakthrough bleeding, spotting, missed periods, headache, acne, or skin discoloration. If they continue or are bothersome contact us or your physician.

**Precautions:** Progesterone may affect blood sugar and thyroid levels. Contact us or your physician if you are currently taking medication for either of these conditions. If you notice other effects not listed above, contact us or your physician.

**Directions:** This medication is available in many dosage forms, including oral capsules, sublingual tablets or troches (lozenges), topical creams and gels, injections or vaginal or rectal suppositories. All oral dosage forms may be taken on an empty stomach or with food. Follow dosage directions exactly. Be sure to consult with your physician for dosage adjustments. If you miss a dose, take it as soon as you remember. Do not take if it is almost time for your next dose, instead, skip the missed dose and resume your usual dosing schedule. Do not double the dose. Store this medication as directed by your pharmacist.

**Please call us at (330) 864-2138 if you have any questions or concerns about this medication.**