

About Progesterone



Medication Recommendations for Regulating Periods

It is not unusual for woman to occasionally miss a period or have a 5-6 week break between cycles. But over the course of 10 or 15 years, prolonged time periods between cycles may increase your risk of developing abnormalities of the lining of your uterus that have the potential of becoming cancerous. If you're trying to get pregnant, extended cycles may indicate that you are not ovulating. If you have gone too long without a period, we may recommend one of the two medications to bring on your period.

Prometrium (generic name – progesterone) – 200 or 400 mg tablets taken before bedtime for 10 to 14 days. You can't take this medication if you have a peanut allergy. Prometrium may make you sleepy.

Provera (generic name – medroxyprogesterone acetate), 5 or 10 mg tablets taken daily for 10 to 14 days.

Both medications may cause bloating, breast tenderness and/or water retention. Prometrium is thought to have fewer side effects as it's a plant-based progesterone.

With either medication, expect bleeding within 14 days of STOPPING the medication. If you start bleeding while taking the medication, you may stop it then. Please expect a heavier, longer cycle (significantly heavier, longer, bloodier, and more clotting). Your period may last up to 14 days after the first course of medication. The medication builds the lining of the uterus up (more blood) and withdrawing the medication leads to bleeding. If you do not bleed within 14 days of STOPPING the medication, please call our office and speak to your doctor. We may need to do some further blood work or other tests.

Depending on why we are giving you this medication, you may take it for one, two, three or up to six months. If you are taking it monthly, we will give you a date of the month to start EACH month (for example, the 15th or 20th of each month) to regulate your cycles. Frequently, we will ask you to track your cycles and chart the amount of bleeding daily. This helps determine if the medication is working. The amount of bleeding should decrease with each cycle.

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