

# Utrogestan

(Say 'Yew-trow-gest-an')



Utrogestan is a progestogen. It is used with oestrogen, as menopausal hormone therapy (MHT) for people with a uterus (womb).

As you approach menopause, oestrogen levels go up and down (also called perimenopause). These changes can cause hot flushes, vaginal dryness, mood and sleep problems.


If you have a uterus, taking oestrogen on its own can increase the risk of endometrial cancer. Utrogestan can help prevent this.


When you haven't had your period for 12 months, you have reached menopause.





## How to take Utrogestan


Utrogestan is available as capsules (100mg).


 **If you have not had a period for more than 12 months:**  
Take 1 capsule once every day at bedtime.

 **If you have had a period within the last 12 months:**  
Take 2 capsules once a day at bedtime for 12 days in a row each month. It is common to have bleeding for a few days afterwards.

 Take Utrogestan on an empty stomach, 2 hours after food.

 Swallow the capsules whole with a glass of water. Don't crush or chew them.

 Utrogestan can make you feel sleepy, especially when you first start taking it, so it's best to take it at bedtime.

 If you miss a dose, take it as soon as you remember. But if it is nearly time for your next dose, skip the missed dose and take your next dose at the regular time. Do not take a double dose.

### Note



Do not take this medicine if you are allergic to soy. If you are allergic to peanuts, talk to your healthcare provider before using Utrogestan.

 **Side effects are listed on the next page**

## Utrogestan is different from other progestogens

Utrogestan is the only 'bio-identical' progestogen available in Aotearoa New Zealand. It is identical to the hormone your body makes and has fewer long-term side effects than other progestogen medicines.

### How long will I need to take Utrogestan for?

You will need to take this medicine for as long as you are using oestrogen. It's important to have regular check-ups with your healthcare provider to make sure these medicines are right for you.

Most people stop taking MHT after a few years when their menopause symptoms stop. It's best to gradually reduce MHT, rather than stopping it suddenly. Talk to your healthcare provider before stopping.



Talk with your doctor, nurse or pharmacist if you have any questions about taking Utrogestan or other MHT.

 For more information about Utrogestan visit [hn.org.nz/utrogestan-mht](https://hn.org.nz/utrogestan-mht)

## While you are taking Utrogestan

Avoid driving and other tasks where you need to be alert until you know how this medicine affects you.

### You may need contraception

Utrogestan is not a contraceptive and doesn't prevent you from getting pregnant. You need to use birth control until you have reached menopause, which is 12 months in a row without a period. Even if you have a few months without a period, you can still get pregnant.

## Side effects

Utrogestan can cause side effects, although not everyone gets them. These are usually mild and go away with time. Tell your healthcare provider if these side effects cause you problems:

- drowsiness, dizziness
- feeling sick (nausea), runny poo (diarrhoea) or constipation
- headache
- skin reactions such as itch, rash, acne
- swollen feet and ankles (fluid retention)
- breast tenderness
- low mood.

Tell your healthcare provider if you notice signs of liver problems such as yellow eyes or skin.