Te Whatu Ora
Health New Zealand
Waitaha Canterbury

MENOPAUSAL HORMONE THERAPY (MHT) - progesterone capsule

pro-jes-te-rone

What does it do?

Progesterone is a hormone used to protect the lining of your uterus (womb) while you are taking oestrogen for *menopausal hormone therapy* (MHT). It helps reduce your chance of endometrial cancer. For information on oestrogen, see *Menopausal hormone therapy* (MHT) gel, patch, pessary, tablets, or vaginal cream, and the Australasian Menopause Society.

It is also sometimes used for other conditions.

Before you start

- Women taking MHT may have a small increased chance of breast cancer. Tell your doctor if you, or someone in your family, has ever had breast cancer.

How should you take it?

Take progesterone regularly as directed with a glass of water. Take it on an empty stomach, one hour before or two hours after food.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Changes in periods, unexpected vaginal bleeding	Common in the first 3 months but should improve. Tell your doctor if it continues or is troublesome.
Sore breasts Mood changes Headache Weight gain Bloating, nausea	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- MHT does not protect against pregnancy. You can still get pregnant up to 1 year after your last period if you are older than 50, or up to 2 years if you are under 50. Talk to your doctor about contraception options.
- MHT is also known as hormone replacement therapy (HRT).