



Injectable progesterone



Progesterone is a hormone made by women’s bodies that increases during pregnancy. Progesterone treatments can help reduce the chance of premature delivery for women who do not produce enough of the hormone. If you have had a previous spontaneous birth after 16 weeks and before 37 weeks of pregnancy, you may be placed on this medicine.

Q How is this medicine given?

A This medicine is given as an injection or shot into the muscle of the buttocks one time each week at your doctor, midwife or nurse’s office or by a home health care nurse. The medicine may be started between 16 and 24 weeks of pregnancy and continued until 37 weeks of pregnancy.

Q How often do I get the injections?

A Injections should be given no closer than 5 days apart and no longer than 9 days apart.

Q Are there any side effects?

A Progesterone does not have any harmful effects on the baby. For the mother, side effects are rare, but may include:

- Redness, soreness, swelling, itching or bruising at the site of the injection
- Headaches
- Nausea or vomiting
- Diarrhea

If these side effects worsen contact your doctor, midwife or nurse immediately.

Q What should I do if I miss a dose?

A It is important that you do not miss any doses of this medicine.

- If you do, the missed dose can safely be given within 2 or 3 days from the day you were supposed to have a dose
- If more than 3 days have passed, contact your doctor, midwife or nurse right away
- Do not take two doses at the same time

Q How should I store the medicine?

A If you are doing the injections at home, store this medicine at room temperature. Keep it away from heat, moisture and direct light. Keep all medicine out of the reach of children.

Q When do I need to talk to my doctor, midwife or nurse?

A Talk to your doctor, midwife or nurse if the side effects listed earlier worsen while on this medicine and before starting any other medicines, including over the counter medicines, vitamins or herbal products.

Q What are the warning signs of premature labor?

A Signs of premature labor are not the same for all women. Premature labor can begin suddenly and without warning, and the cause is not known. Call your doctor, midwife or nurse if you have any of these signs:

- Contractions, with or without pain, 4-6 times per hour
- Low, dull backache
- Pressure between your legs or in your lower belly
- Diarrhea
- Vaginal spotting or bleeding
- Leaking fluid or bleeding from your vagina
- Watery, clear, pink or red vaginal discharge
- Cramping, in the lower abdomen or back, like your period is going to start
- Sharp pains, contractions or tightening of your abdomen
- Feeling the baby is “balling up”
- Feeling like something is not right



OBBO is a partner in CelebrateOne, a community-wide initiative to reduce infant mortality and help more babies celebrate their first birthdays. For more information and resources, visit www.celebrateone.info and www.ohiobetterbirthoutcomes.org.

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