

12.5.9.1 USE OF PROGESTERONE PESSARIES

- ❖ Progesterone Pessaries contain Progesterone in a waxy base and are to be kept refrigerated, as they may melt. DO NOT FREEZE.
- ❖ Pessaries are to be used when ordered. First remove the alfoil wrapping and insert pessary into your vagina (or rectally as per your instruction sheet).
- ❖ You should lie down for one hour after inserting the Pessary. During this time the progesterone will be absorbed into your body. The waxy base will melt and come away, so you may need to wear a panty liner on your underwear.
- ❖ We suggest that you insert the Pessary last thing at night, before going to sleep. You may insert two together at night if required.

If you are required to insert a Pessary in the morning, set your alarm for one hour earlier than normal, get up and go to the toilet, insert a Pessary and go back to bed for one hour.

- ❖ Please ensure that you do not run out of the Pessaries and do not discontinue using them until advised by your Doctor or Co-ordinators at the Centre.