Progesterone Replacement Information and Instructions

Progesterone is a very important natural hormone in your body. It balances estrogen, supports regular menstrual cycles and pregnancy, protects the uterine lining, and helps promote calm mood, restful sleep, and overall hormonal balance.

SIGNS OF LOW PROGESTERONE	GOALS OF PROGESTERONE THERAPY
• Difficulty falling or staying asleep • Less restful sleep • Increased anxiety or irritability • Mood swings or depression • Heavier or more painful periods • Headaches/migraines • Hot flashes, night sweats	• Better sleep • Improved and more stable mood • Lighter, more comfortable periods • Improved energy • Less or resolved headaches, hot flashes, night sweats

PROGESTERONE CREAM INSTRUCTIONS

- Apply cream to areas with fairly thin skin (not over bony or fatty areas) - inner upper arms, inner forearms, inner thighs, back of knees, lower abdomen, or low back/upper buttocks - see sites on diagram below. If using multiple HRT creams, apply each to a different site.
- Start with 1 click of cream nightly at bedtime. Rotate application sites daily.
- After 2-3 weeks, you can increase to 2 clicks at a time if needed. Continue increasing by 1 click every 2-3 weeks until you feel like your symptoms are being well controlled.
- Avoid swimming, bathing, showering, strenuous exercise, or sweating for at least 2 hours after application.
- Topical HRT creams can transfer to others via skin-to-skin contact. Do not allow other people or pets to come in contact with your cream application site for at least 1 hour.
- Wash your hands after application
- Keep creams in a safe, cool spot away from children and pets
- This is a good video walking through the steps of using the topi-click cream dispenser that most of our HRT creams come in: youtube.com/watch?v=_zRiYgnkCHE

ORAL PROGESTERONE INSTRUCTIONS

- You will start with 1 pill **at bedtime** - either every night or just certain nights of your cycle (verify regimen with your provider)
- If you are not noticing much or enough effect after 2-3 weeks - you can increase to 2 pills

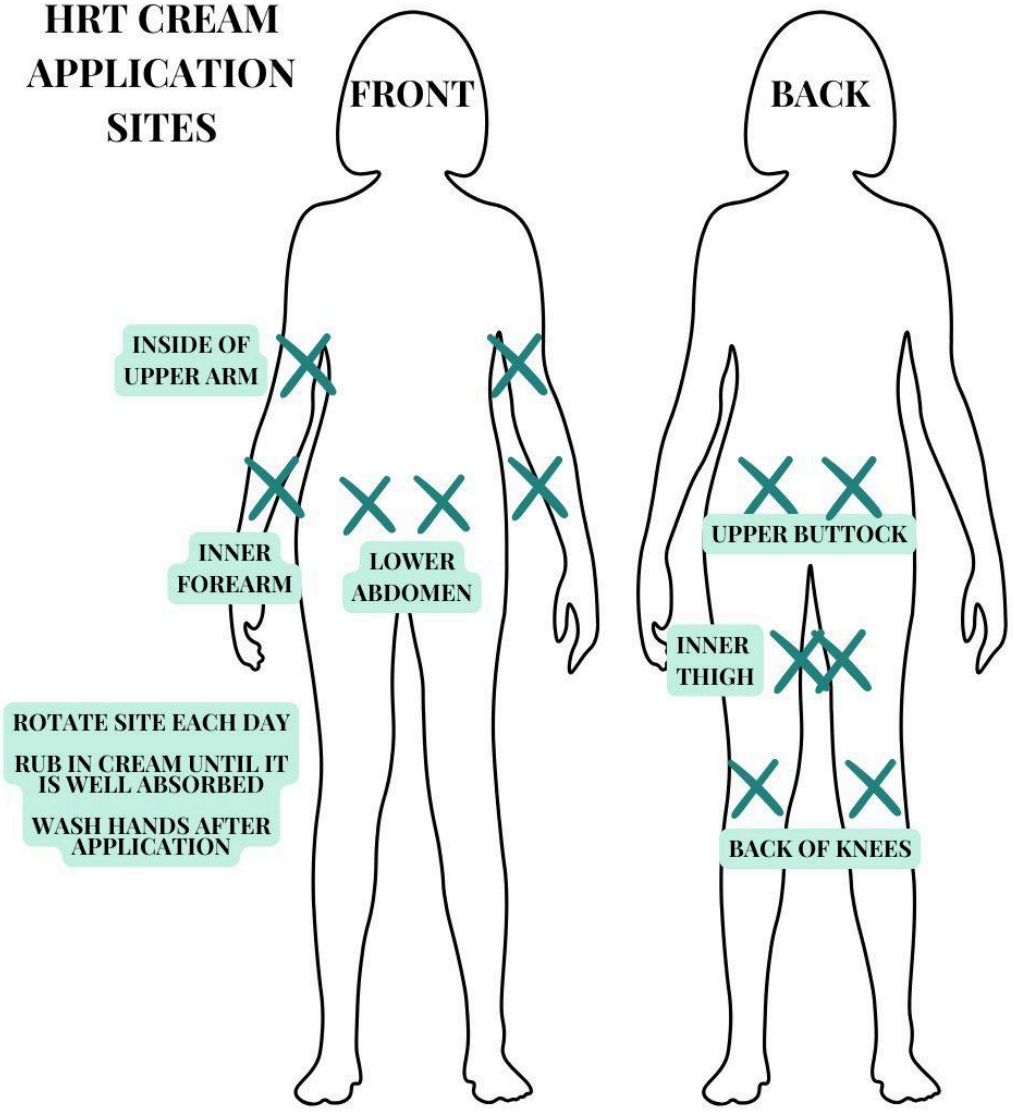
POSSIBLE SIDE EFFECTS OF PROGESTERONE THERAPY

- Period-like cramping, nausea, vomiting, diarrhea, bloating, constipation, headache, dizziness, fatigue, breast tenderness or pain, irregular vaginal bleeding or spotting, vaginal discharge
- Your period or cycle may fluctuate the first few months of starting progesterone therapy.
- Most side effects can be improved or resolved with a little time adjusting to the medication or by adjusting dose or switching to a topical cream or an extended release pill

★ **We will check in 4 weeks after starting or adjusting progesterone. Reach out with any questions or concerns - We're here to help.**

THESE INSTRUCTIONS ARE MEANT FOR CURRENT WELLKC PATIENTS. IF YOU ARE NOT A CURRENT WELLKC PATIENT, THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. YOU SHOULD ONLY TAKE MEDICAL ADVICE FROM A PROVIDER WHO HAS SPECIFICALLY EVALUATED YOU AND HAS AN AGREED ON PROVIDER - PATIENT RELATIONSHIP. IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE: WWW.WELLKCKS.ORG

HRT CREAM APPLICATION SITES



THESE INSTRUCTIONS ARE MEANT FOR CURRENT WELLKC PATIENTS. IF YOU ARE NOT A CURRENT WELLKC PATIENT, THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. YOU SHOULD ONLY TAKE MEDICAL ADVICE FROM A PROVIDER WHO HAS SPECIFICALLY EVALUATED YOU AND HAS AN AGREED ON PROVIDER - PATIENT RELATIONSHIP. IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE: WWW.WELLKCKS.ORG