

What is a Preterm Birth?

A pregnancy is full term when you deliver after 37 weeks. Preterm birth, or having a premature delivery is when you have a baby between 24 weeks and 37 weeks.

A mid-trimester loss is a stillbirth between 16-24 weeks of pregnancy.

Are you at Risk for Having a Premature Birth?

You may be at higher risk of having a premature birth if you have:

1. a history of prior preterm birth or mid-trimester loss, or
2. a short cervix <25mm seen on ultrasound in a previous or current pregnancy

What is Progesterone?

Progesterone is a hormone first made within the ovaries, and then the placenta. It is an important hormone to maintain pregnancy. Taking progesterone may decrease the risk of the cervix *ripening* too early (softening that happens before labour). It may also decrease the risk of low birth weight, respiratory distress syndrome and admission to the neonatal ICU.

INSTRUCTIONS:

1. Wash your hands
2. Insert 2 progesterone capsules (200mg) as far into your vagina as you can. Make sure to do this at bedtime.
3. You will notice that you will have more vaginal discharge, this is normal.

Q: When do I start taking progesterone?

A: Progesterone should be started at 16 weeks and stopped at 36 weeks.

Q: Are there any side effects to progesterone?

A: The capsule is plant-based and may cause redness or irritation especially if you have soy or a peanut allergy. Let us know if you feel very tired, have a decrease in your mood, feel dizzy, or have spotting or abdominal pain after starting progesterone.

Q: Can you have sex while using progesterone?

A: Yes, however you should use a condom or insert the progesterone after sex.