

Frequently asked questions with Progesterone Teaching

How long will I have to use the progesterone?

Length of use depends on the body's response to the medication. Some will use it through the first trimester, some will use it throughout the entire pregnancy. That is why we do regular blood draws to monitor levels and adjust the dose as necessary.

What will happen if the medication is injected into the wrong spot?

There can be additional pain, swelling, and possibly numbness and tingling in the legs. Even if the injection is in the wrong spot, massage and heat can help.

Is there anything I can eat or do to help my progesterone levels?

Maintain a healthy diet, take your vitamins, manage stress, and avoid exposure to polish, paints, non-organic meat, pesticides, herbicides, as well as emulsifiers found in cosmetics and soaps.

What are the side effects of using this progesterone?

Pain/swelling at injection site, breast tenderness, headache, weight gain/loss, acne, nausea, increased body/facial hair, loss of scalp hair, drowsiness, or dizziness may occur. Please call the office if any of your side effects are bothersome.

Can I come into the office for an injection if my partner is not available?

You can definitely schedule an injection with the nurse.