

Any medication questions? Pharmacy counseling available at 866-206-7936

Progesterone Sublingual (SL) Tablets

Patient Information Sheet

Uses

Progesterone is a naturally occurring hormone essential for regulating the menstrual cycle and supporting female reproductive health. Sublingual (SL) tablets are designed to dissolve under the tongue for direct absorption into the bloodstream.

Common indications include:

- **Hormone Replacement Therapy (HRT):** Used alongside estrogen therapy during perimenopause or postmenopause to help rebalance hormone levels and protect the uterine lining.
- **Menstrual Cycle Regulation:** Treating amenorrhea (absence of periods) or irregular uterine bleeding caused by hormonal imbalances.
- **Fertility & Luteal Support:** Providing progesterone supplementation during early pregnancy or fertility management as directed by your clinician.

How to Use

- **Administration:** Place the tablet directly under your tongue and allow it to dissolve completely.
- **Do Not Chew or Swallow:** Avoid swallowing the tablet whole or chewing it. Sublingual delivery bypasses first-pass liver metabolism for maximum effectiveness.
- **Timing:** Take this medication exactly as directed by your prescriber. It is often recommended to take your dose in the evening or at bedtime, as progesterone can cause sleepiness.
- **Eating & Drinking:** Avoid eating, drinking, or speaking while the tablet is actively dissolving under your tongue.

Side Effects

You may experience mild side effects as your body adjusts to the medication:

- Drowsiness, fatigue, or mild dizziness
- Headaches or subtle mood changes
- Breast tenderness or swelling
- Mild nausea, abdominal bloating, or cramping

- Spotting or changes in menstrual bleeding patterns

Tip: Taking your dose right before bed helps minimize daytime drowsiness.

Precautions

- **Severe Symptoms:** Seek emergency medical care immediately if you experience sudden chest pain, shortness of breath, severe headache, vision changes, sudden weakness/numbness, or pain and swelling in your legs (which may indicate a blood clot).
- **Medical History:** Inform your provider if you have a history of blood clots, stroke, heart disease, severe liver dysfunction, breast cancer, or unexplained vaginal bleeding.
- **Alertness:** Avoid driving or operating machinery until you know how this medication affects your alertness.
- **Pregnancy & Breastfeeding:** Notify your healthcare provider if you are pregnant, planning a pregnancy, or breastfeeding.

Drug Interactions

Inform your doctor or pharmacist of all medications, supplements, and herbal products you take.

Important interactions include:

- **CYP450 Enzyme Inducers (e.g., Rifampin, St. John's Wort, Carbamazepine):** May speed up progesterone clearance, making it less effective.
- **Antifungals (e.g., Ketoconazole):** May increase progesterone levels in the body, raising the risk of side effects.
- **Sedatives & Alcohol:** Combining progesterone with alcohol or sleep aids can significantly increase drowsiness and impairment.

Missed Dose

- Take the missed dose as soon as you remember.
- If it is almost time for your next scheduled dose, skip the missed dose and return to your regular schedule.
- **Do not double up or take extra medication to compensate for a missed dose.**

Overdose

Symptoms of an overdose may include severe drowsiness, extreme dizziness, nausea, or vomiting.

If an overdose is suspected, call Poison Control (1-800-222-1222) or seek immediate emergency medical evaluation.

Storage



- Store at room temperature away from light, high heat, and moisture (avoid storing in a bathroom medicine cabinet).
- Keep tablets sealed tightly in their original container.
- Keep out of reach of children and pets.