

ZestPro™

Micronised Progesterone 100 mg · 30 Tablets

Main uses

- Prevention of endometrial hyperplasia in postmenopausal women on estrogen
- Secondary amenorrhoea
- Luteal phase support in progesterone deficiency

PRODUCT INFORMATION

About ZestPro

ZestPro contains micronised progesterone, a hormone that is the same as the progesterone made naturally by the ovaries. It is used to make up for a lack of progesterone.

ZestPro is used in postmenopausal women who still have their womb and are taking estrogen, to help prevent thickening of the womb lining (endometrial hyperplasia). It is also used to treat secondary amenorrhoea (when periods have stopped) and for luteal phase support in progesterone deficiency.

ZestPro is for adult women. It is not for use in children.

How to use

Take ZestPro exactly as your doctor has told you. Take it at bedtime and not with food.

1. With estrogen, after the menopause: 200 mg at bedtime for 12 days in the second half of each treatment cycle, or 100 mg at bedtime from day 1 to day 25 of each cycle.
2. Secondary amenorrhoea: 400 mg at bedtime for 10 days.
3. Luteal phase deficiency: 200 mg to 300 mg a day in one or two doses, usually for 10 days of each cycle (day 17 to day 26).

Drowsiness or dizziness may occur 1 to 3 hours after a dose. Taking ZestPro at bedtime helps to reduce this.

Composition

ORAL

Each unit contains micronised progesterone 100 mg.

PACK SIZES

Pack of 30.

Side effects and warnings

Like all medicines, ZestPro can cause side effects, although not everybody gets them. Common side effects include dizziness, headache, drowsiness, stomach pain, nausea, changes in the menstrual cycle and bleeding between periods.

- Do not take ZestPro if you are allergic to progesterone or any of the other ingredients, have or have had breast cancer, have unexplained vaginal bleeding, have or have had a blood clot, or have severe liver disease.
- Stop taking ZestPro and see a doctor at once if you get signs of a blood clot, stroke or heart attack, sudden problems with your vision, or a severe headache.
- ZestPro can cause drowsiness or dizziness. Take care when driving or using machines.
- ZestPro is not a contraceptive.
- Do not take ZestPro while breast-feeding.

Always read the patient information leaflet in the pack. If you have any questions, ask your doctor or pharmacist.