

Useful Contact Details

Preterm Birth Prevention Clinic Midwives

Ph: 0466 329 638 Page 3417

Help to coordinate your care during your pregnancy and your main point of contact. Midwives are contactable Monday to Friday, 8am to 4pm.

www.thewholeninemonths.com.au

King Edward Memorial Hospital Emergency Centre

Ph: (08) 9340 1433

24 hour Emergency service for pregnancy issues prior to 20 weeks of pregnancy.

King Edward Memorial Hospital Maternal Fetal Assessment Unit (MFAU)

Ph: (08) 9340 2134

24 hour emergency service for pregnancy concerns after 20 weeks of pregnancy.

The Western Australian Preterm Birth Prevention Initiative



Many cases of preterm birth can now be prevented. This state-wide initiative aims to safely lower the rate of preterm birth by up to 35% over the next five years.

This brochure details one of nine interventions which help prevent preterm birth and promote going the whole nine months. Further details of the Initiative are available at:

THEWHOLENINEMONTHS.com.au

a joint collaboration between:



WOMEN AND NEWBORN HEALTH SERVICE King Edward Memorial Hospital

374 Bagot Road Subiaco WA 6008

Telephone: (08) 9340 2222



This document can be made available in alternative formats on request for a person with a disability.

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Government of **Western Australia**
Department of Health
Women and Newborn Health Service

The Western Australian Preterm Birth Prevention Initiative

Progesterone Pessary

Patient information



What is Progesterone?

Progesterone is a naturally occurring female sex hormone essential for maintaining pregnancy.

Why is it used?

Progesterone can be used in certain circumstances to help prevent preterm birth. Preterm birth is defined as birth before 37 weeks and after 20 completed weeks of gestation. Premature babies have an increased risk of short and long term health problems.

When is it used?

A progesterone pessary may be advised for women:

- with a history of preterm birth or previous pregnancy loss between 20 and 34 weeks gestation
- in pregnancy where an ultrasound imaging examination has shown a shortened cervix

How is it used?

A dose of 200mg is inserted vaginally each evening is recommended. It can be started as early as 16 weeks gestation continuing through to 36 weeks.

How to Use Progesterone Pessaries

- Wash your hands thoroughly.
- Remove the pessary from the wrapper.
- Either in a squatting position or lying on your back or side, insert the pessary deep into the vagina. If it feels uncomfortable to insert you can use a lubricant like KY jelly to aid insertion.
- Remain lying down for around 30 minutes after insertion of the pessary.
- The best time to insert the pessary is at night before going to bed.
- Throw away any unused materials and wash your hands thoroughly.
- You may wish to wear a pantyliner for any minor discharge which may occur whilst using progesterone pessaries.

Are there any side effects?

Vaginal progesterone is generally free from any side effects but some women may complain of local irritation. Rare side effects may include headaches, nausea and vomiting. If you have any concerns please speak to your healthcare provider.

