PATIENT PACKAGE INSERT IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) – 1986

The medicine is dispensed with a doctor's prescription only

UTROGESTAN 100 capsules for oral or vaginal administration
UTROGESTAN 200 capsules for oral or vaginal administration

The active ingredient and its quantity:
Utrogestan 100: Each capsule contains progesterone (micronized) 100 mg
Utrogestan 200: Each capsule contains progesterone (micronized) 200 mg

Inactive and allergenic ingredients in the preparation - see the section "Important information about some of the ingredients of the medicine" and Section 6.

Read the leaflet carefully in its entirety before using the medicine. This leaflet contains concise information about the medicine. If you have further questions, refer to the doctor or pharmacist.
This medicine has been prescribed to treat you. Do not pass it on to others. It may harm them even if it seems to you that their medical condition is similar.

1. WHAT IS THE MEDICINE INTENDED FOR?

Oral administration: Treatment of disorders arising from progesterone deficiency such as: premenstrual syndrome, irregular menstruation, and during menopause - combined therapy with estrogens.
Vaginal administration: In addition to the above activity, for hormonal support during in vitro fertilization, spontaneous fertilization or in treatment to induce ovulation in patients with fertility problems or impaired ovarian function, for prevention of repeated miscarriages, and in cases where oral administration is contraindicated or caused side effects in the past.
Therapeutic group: The active ingredient belongs to a group of hormones called progestogens.

2. BEFORE USING THE MEDICINE

x Do not use the medicine if:

- You are sensitive (allergic) to the active ingredient or to any of the other ingredients contained in the medicine (see Section 6).
- Your liver function is severely impaired.
- You have a neoplasm (tumour) of the breast or genital organs, suspected or confirmed.

Utrogestan increases the amount of progesterone in the blood without formation of non-natural derivatives.

! Special warnings regarding use of the medicine

- The preparation does not prevent pregnancy and thus is not a contraceptive.
- If treatment with Utrogestan is started too early in the month, especially before the 15th day of your menstrual cycle, the cycle may be shortened or bleeding may occur.
- Because of the metabolic risks and risks of thromboembolism which cannot be entirely excluded, administration should be discontinued in the event of:
  - ocular disorders such as reduced vision, diplopia and retinal vascular lesions;
  - venous thromboembolic or thrombotic events, regardless of territory;
  - severe headaches
- Patients should be monitored closely if they have a past history of venous thrombosis.
- More than half of spontaneous abortions are due to genetic complications. Furthermore, infections and mechanical disorders may be responsible for miscarriages; in which case, the sole effect of administering progesterone would

be a delay in the expulsion of a dead egg. Progesterone administration must therefore only be reserved for cases where progesterone secretion is insufficient, as recommended by a doctor.

! Smoking
Smoking may reduce the bioavailability of progesterone.

! Children and adolescents
The preparation is not indicated for children and adolescents.

! Drug interactions
If you are taking, or have recently taken, other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or pharmacist.
In particular if you are taking:

- During estrogen hormonal replacement therapy, it is recommended and indeed essential to take progesterone orally for at least 10 days in each cycle, in order to gain the maximum benefit from the estrogen.
- Certain medicines for epilepsy and some antibiotics may have an influence on the effect of Utrogestan. Similarly, Utrogestan may affect medicines used in diabetes.

! Use of the medicine and alcohol consumption
Excessive alcohol consumption may increase the bioavailability of progesterone.

! Pregnancy, breastfeeding and fertility
There is no contraindication to taking Utrogestan during pregnancy, including the first few weeks of pregnancy.
Utrogestan may be given in order to prevent repeated miscarriages, as recommended by the doctor.
The passage of progesterone into breast milk has not been studied sufficiently.
Progesterone should preferably not be taken during the breastfeeding period.

! Driving and using machines
Use of this medicine may cause dizziness and impair alertness. Consequently, caution is required when driving a vehicle, operating dangerous machinery and engaging in any activity which requires alertness.

! Important information about some of the ingredients of the medicine
The medicine contains soya. Do not take the medicine if you are allergic to soya.

3. HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the doctor's instructions.
Check with the doctor or pharmacist if you are not sure about the dosage and treatment regimen of the preparation.
The dosage and treatment regimen will be determined by the doctor only. The standard dosage is usually:

Utrogestan 100:
Oral administration (swallowing): 2-3 capsules a day. If the dosage is 2 capsules a day, it is preferable to take them at bedtime. If the dosage is 3 capsules a day, it is preferable to take one capsule in the morning (two hours after breakfast) and two at bedtime.
Vaginal administration: 2-6 capsules a day, preferably in divided doses, as instructed by the doctor.

Utrogestan 200:
Oral administration (swallowing): 1 capsule a day at bedtime.
In cases where a higher dosage is needed, take 200 mg at bedtime and an additional 100 mg in the morning.
Vaginal administration: 1-3 capsules a day, preferably in divided doses, as instructed by the doctor.

Do not exceed the recommended dose.
The doctor will advise you on the duration of treatment. Do not stop the treatment earlier.
Do not chew!
Oral administration (swallowing): Swallow the capsule with a small amount of water in the evening at bedtime, and in the morning if necessary.
Vaginal administration: Insert a capsule deep into the vagina.
Insertion of the medicine in vaginal administration: First, wash your hands. Use the special applicator, as needed. If you are pregnant, check with the doctor if you should use the applicator for insertion of the medicine.
Lie on your back with your knees bent and facing upward. Using the applicator, as needed, insert the medicine into the vagina as deeply as possible without using force or causing discomfort. Release the medicine by pushing on the plunger. Wait several minutes before getting up.
Wash the applicator and your hands with soap and hot water.

If you have accidentally taken a higher dosage
Administrated vaginally, no overdose has been reported to date with this route of administration.

With oral administration, side effects are generally signs of an overdose. They disappear without treatment when dosage is reduced or by increasing the daily dosage of estrogen taken in combination with Utrogestan for treatment during menopause.
The standard dosage may be too high for some patients due to particular sensitivities. In this case:

- if drowsiness or temporary dizziness occurs, the progesterone dose should be reduced or it should be taken in the evening at bedtime, for 10 days per cycle.
- if the menstrual cycle is shortened or if irregular bleeding occurs, it is recommended to start treatment with Utrogestan later in the cycle (for example, on day 19 instead of day 17).

If you took an overdose or if a child has accidentally swallowed the medicine, immediately see a doctor or proceed to a hospital emergency room and bring the package of the medicine with you.

If you forgot to take the medicine at the scheduled time, do not take a double dose. Adhere to the treatment regimen as recommended by the doctor.

Do not take medicines in the dark! Check the label and dose <u>each time</u> you take a medicine. Wear glasses if you need them.
If you have further questions regarding use of the medicine, consult the doctor or pharmacist.

4. SIDE EFFECTS:

As with any medicine, the use of Utrogestan may cause side effects in some users. Do not be alarmed when reading the list of side effects. You may not suffer from any of them.

The following side effects have been observed with oral administration (swallowing):

	Common side effects: Side effects occurring in 1-10 out of 100 users	Uncommon side effects: Side effects occurring in 1-10 out of 1,000 users	Rare side effects: Side effects occurring in 1-10 out of 10,000 users	Very rare side effects: Side effects occurring in less than one out of 10,000 users
Reproductive system and breast disorders	- Changes in menstrual cycle - Missed periods - Bleeding between periods	- Painful breasts		

Nervous system disorders	- Headache	- Drowsiness - Temporary dizziness		- Depression
Gastrointestinal disorders		- Vomiting - Diarrhea - Constipation	- Nausea	
Hepatobiliary disorders		- Bile duct obstruction (jaundice)		
Immune system disorders				- Hives
Skin and subcutaneous tissue disorders		- Itching - Acne		- Chloasma

No significant instances of local intolerance (burning, itching or oily secretion) have been observed with vaginal administration, according to various studies.
If treatment with Utrogestan is started too early in the month, especially before day 15 of the menstrual cycle, the cycle may be shortened or bleeding may occur.
In addition, drowsiness or dizziness may occur if the dosage taken orally is too high.
These effects will pass with a decrease in the dosage, without compromising the benefit of the treatment.

If a side effect occurs, if one of the side effects worsens or if you suffer from a side effect not mentioned in the leaflet, consult with the doctor.

Side effects can be reported to the Ministry of Health by clicking on the link “Report Side Effects of Drug Treatment” found on the Ministry of Health homepage (www.health.gov.il) that directs you to the online form for reporting side effects, or by entering the link: https://sideeffects.health.gov.il/

5. HOW SHOULD THE MEDICINE BE STORED?

Avoid poisoning! This medicine and any other medicine should be kept in a closed place out of the reach and sight of children and/or infants in order to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.
Do not use the medicine after the expiry date (exp.) that appears on the package. The expiry date refers to the last day of that month.
Store at a temperature below 25°C.

6. FURTHER INFORMATION:

In addition to the active ingredient the medicine also contains Sunflower Oil, Soya Bean Lecithin.
Capsule contents: Gelatin, Glycerin, Titanium Dioxide, Purified water.

What the medicine looks like and content of the package:
Utrogestan 100: Two trays with 15 capsules in each, totalling 30 soft, yellowish, round capsules in the package.
Utrogestan 200: Two trays with 7 and 8 capsules in each, totalling 15 soft, yellowish, egg-shaped capsules.

License holder and address: CTS Ltd., 4 Haharash St., Hod Hasharon 4524075.

Manufacturer name and address: Besins International Laboratories, France.
3 Rue Du Bourg L'Abbé 750003 Paris, France.

This leaflet was revised in 05/2024 according to Ministry of Health guidelines.

Registration number of the medicine in the National Drug Registry of the Ministry of Health:

Utrogestan 100 - 1324426341
Utrogestan 200 - 1287330719