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Instructions for use of progesterone to treat lack of periods after work-up by physician has been completed:

1. If you go 3 months without bleeding, first be 100% certain you are **not** pregnant. If there is any chance at all that you are pregnant, do a home pregnancy test or come to our office for a pregnancy test.
2. If the pregnancy test is negative, take one progesterone pill daily for 10 days.
3. You should get bleeding within 7 days of finishing the progesterone.
4. If you do not get any bleeding call us.
5. Track your bleeding and progesterone use on a menstrual tracking chart. The chart is available to be downloaded from our website under the Patient Education tab towards the bottom. We can also drop one in the mail for you if you call us.
6. If you again go 3 months without bleeding, repeat the steps above.