



Cascade Women's Health
PHYSICIANS AND SURGEONS

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INSTRUCTIONS FOR USING CYCLICAL PROGESTERONE FOR MANAGING HEAVY BLEEDING

Day 1 – This is the first day of any bleeding, including any spotting.

Day 15-24 – You will take progesterone medication on these days (for 10 days).

If your bleeding starts while you are still taking your pills, continue taking them for the full ten days, but then count that bleeding as Day 1 again and start taking the progesterone on Day 15 again.

If you do not get any bleeding within 1 week of finishing the pills, wait 8 weeks. If you get any bleeding, count it as Day 1 and start the medication on Day 15 again. If you get no bleeding during the 8 weeks, restart the medication for 10 days. If still no bleeding, please call.

Please track your bleeding on a menstrual calendar. If you don't have a card, let us know and we will give you one.