

# EARLY PREGNANCY BLEEDING & PROGESTERONE

Progesterone is an effective treatment for women who have early pregnancy bleeding AND 1 or more previous miscarriages

**20%**  
OF WOMEN

Bleeding before 12 weeks can happen for about **20% of pregnant women.**

**2 in 3**  
continue their pregnancy

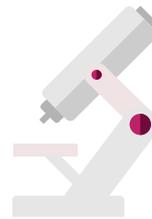


Although women are often worried at the sight of blood, **it is not always a sign of a problem.**

However, bleeding in early pregnancy does increase the risk of miscarriage.

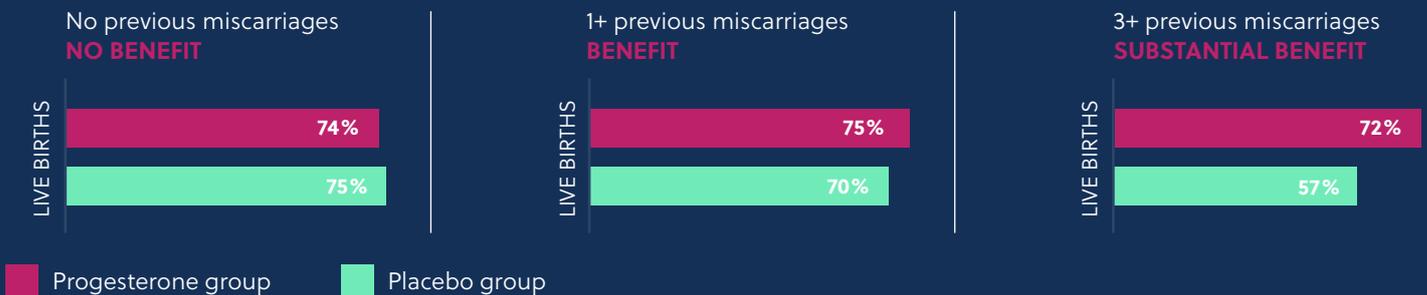


**What is progesterone?** Progesterone is a natural hormone that is important during pregnancy; it helps to grow the lining of the womb and helps the mother's body to accept the growing baby.



A large UK-wide medical research trial\* has now shown that **progesterone can prevent miscarriage** if you are bleeding in early pregnancy AND have a history of previous miscarriage.

## Who was shown to benefit from progesterone treatment?



## What is the treatment?

Progesterone (the drug used in the trial was called Utrogestan®) is taken as vaginal pessaries, 400mg twice daily, from the time you see a doctor with bleeding up to 16 weeks of pregnancy.

  
**400mg**  
**2xDAILY**

Progesterone treatment is safe to use in pregnancy.



## WHERE CAN I GET THIS TREATMENT?

If you are bleeding in early pregnancy:

- please call your Early Pregnancy Unit (EPU) at your local hospital and ask to be seen
- if your EPU is closed, visit your hospital Accident and Emergency unit
- bring this guidance with you or refer to [www.tommys.org/PRISM](http://www.tommys.org/PRISM).

This information was produced by Tommy's with the guidance of Professor Arri Coomasaramy and his team at the Tommy's National Centre for Miscarriage Research. The trial took place from May 2015 - 2017. Follow-up of patients was completed by June 2018. To find out more visit [www.tommys.org/PRISM](http://www.tommys.org/PRISM).

\*PRISM Trial: Multi-centre randomised placebo-controlled trial of effects of vaginal progesterone in women with early pregnancy bleeding. Coomasaramy et al. (2019). A Randomized Trial of Progesterone in Women with Early Pregnancy Bleeding. N Engl J Med, May 2019.

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