EARLY PREGNANCY BLEEDING & PROGESTERONE

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

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.

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.


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This information was produced by Tommy’s with the guidance of Professor Arri Coomarasamy 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).

**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.

**Who was shown to benefit from progesterone treatment?**

<table>
<thead>
<tr>
<th>No previous miscarriages</th>
<th>1+ previous miscarriages</th>
<th>3+ previous miscarriages</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO BENEFIT</td>
<td>BENEFIT</td>
<td>SUBSTANTIAL BENEFIT</td>
</tr>
<tr>
<td>74% live births</td>
<td>75% live births</td>
<td>72% live births</td>
</tr>
<tr>
<td>Progesterone group</td>
<td>Placebo group</td>
<td></td>
</tr>
</tbody>
</table>

**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.

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)

Tommy’s is a registered charity in England and Wales (1060508) and Scotland (SC039280).