

Utrogestan

Store the medicine in a cupboard at room temperature, away from heat, moisture, and direct light. Keep from freezing.

- Wash your hands before and after inserting the Utrogestan vaginal capsule
- Take one Utrogestan 200 mg vaginal capsule from the blister pack.
- Place the Utrogestan capsule on the tip of your finger and insert as far as possible into the vagina. No applicator is needed.

We recommend taking your dose at night (whether one or two pills). Wearing a panty liner is recommended — sometimes there may be some leakage from the dissolved capsule. You do not need to lie flat following insertion of Utrogestan.

You can find more information [here](#) if required.