

I HAVE IRREGULAR CYCLES HOW DO I USE PROGESTERONE CREME?

If you have just had a cycle:

Count the first day of your bleeding as day 1. Use $\frac{1}{4}$ teaspoon twice daily of the progesterone cream from day 12-26 of your cycle.

Then stop.

If your period does not come within a week after you stop taking the progesterone, consider the last day you took the progesterone as day one of a new cycle. Then begin on day 12 again.

If your periods stop for a total of 3 months in a row, then begin to use the cream for 25 days of each month.

If you have not had a cycle for a month:

Use $\frac{1}{4}$ teaspoon of progesterone crème twice daily for 21 days. Discontinue use for 7 days. Then repeat the cycle, even if no period arrives. If your period arrives, stop using the crème when the bleeding begins and consider that to be the start of your 7-day break.

As you restore hormonal balance, you may begin menstruating regularly. At that point, begin to use the timetable for regularly menstruating women ($\frac{1}{4}$ tsp twice daily Day 12-26).

The good news is that natural progesterone often restores menstrual cycles to a regular pattern.