

Are progesterone shots right for you?

Progesterone shots may help prevent premature birth for some women who have had a premature birth before. Talk to your provider to see if progesterone shots are right for you.

Progesterone is a hormone that helps your uterus grow during pregnancy and keeps it from having contractions. If you've had a premature birth (before 37 weeks of pregnancy) already, progesterone shots called 17P may help prevent another early birth if both of these describe you:

- You had a spontaneous premature birth when you were pregnant with just one baby.** Spontaneous means labor began on its own, without drugs or other methods. Or the sac around your baby broke early.
- You're pregnant with just one baby.** Progesterone shots don't work if you're pregnant with twins, triplets or more.

If **both** of these describe you, your provider may prescribe 17P shots. You start the shots between 16 and 24 weeks of pregnancy, and you get a shot each week until 37 weeks.

You may have some discomfort at the injection site (the place on your body where you get the shot). 17P is safe for your baby if you get the shots in the second and third trimesters.

Talk to your provider about progesterone shots before you get pregnant again. The shots don't always work to prevent another premature birth, but they may help reduce your risk.



How do you get 17P shots?

Talk to your provider. Your health insurance or state Medicaid program may help pay for the shots. You may be able to get a generic form, or you can get brand name shots called Makena®. In some states, you may be able to get a kind of 17P (called compounded) from special pharmacies.

17P stands for hydroxyprogesterone caproate. Look for this name on the product label.

TAKE ACTION

Find out if 17P is right for you.

Ask yourself these questions.

- Y** **N** Have you had a premature birth (before 37 weeks) in the past?
- Y** **N** Were you pregnant with just one baby?
- Y** **N** Was your labor spontaneous (started on its own)?

If all the answers are yes:

- ✓ Ask your provider about how to get progesterone shots.
- ✓ Call your health insurance company to see if it pays for progesterone shots.

WATCH A VIDEO

marchofdimes.org/progesterone