Your progesterone days

12-14 nights each month, alongside your estradiol patch

WHY IT MATTERS

If you have a uterus and use systemic estrogen, progesterone helps protect the uterine lining. Your patch stays on schedule all month; progesterone is taken only on the prescribed days of each month.

Your monthly plan

Capsule strength and dose: _____

Take at bedtime for: _____

[ ] 12 nights [ ] 14 nights

Begin on cycle day or calendar date: _____

End on cycle day or calendar date: _____

Cycle day 1 = the first day of full menstrual flow, if your clinician uses a cycle-based plan.

EXAMPLE: 12 DAYS OF PROGESTERONE IN A 28-DAY CYCLE

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
														●	●	●	●	●	●	●	●	●	●	●	●		

Estradiol patch: every day

● Progesterone: days 15-26

IF PRESCRIBED FOR 14 NIGHTS

In this example, keep taking it on days 27 and 28 as well.

How to take it

1. Take your prescribed oral dose once nightly at bedtime.
2. Expect possible sleepiness or dizziness; use caution driving.
3. After the last capsule, stop until your next scheduled window.

A FEW IMPORTANT REMINDERS

Do not shorten the prescribed 12-14 days or change the dose on your own. Bleeding may occur after the progesterone days. Report heavy, prolonged, or unexpected bleeding; call if you miss several doses or a period is late.

Sources: BMS, Progestogens and endometrial protection (May 2026); DailyMed, Prometrium.