



## A STUDY ON EFFECT OF PROGESTERONE FOR MANAGEMENT OF THREATENED ABORTION.

### Obstetrics & Gynaecology

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### ABSTRACT

**BACKGROUND-** first trimester is the most crucial time in pregnancy, simple events can have disastrous impact on the outcome of pregnancy and can directly cause pregnancy loss and pose a risk to maternal health. Awareness of complications of first trimester of pregnancy, symptoms and reaching out to health experts at right time can play a vital role in preventing fetal loss and reducing morbidity. **OBJECTIVE-** To assess the effects of progesterone on cases with threatened abortion. **MATERIAL & METHODS-** This prospective cross-sectional study was conducted among 70 women with pregnancy test positive and pregnancy was confirmed with USG showing gestational sac and attending the outpatient department of obstetrics and gynecology department of Muzaffarnagar medical college. Diagnosed with threatened abortion, 35 patients were prescribed hydroxyprogesterone injections, vs 35 patients were prescribed oral micronized progesterone, and patients were followed for 2 weeks, to compare the results. First trimester pregnancies were included, pregnancies > 12 weeks, were excluded. **RESULT-** In this study 17 out of 35 patients in hydroxy progesterone group & 20 out of 35 of micro ionized progesterone group continued the pregnancy, in 2 weeks follow up. **CONCLUSION-** this study did not find any progesterone superior to other.

### KEYWORDS

first trimester complication, awareness, pregnancy loss, prevention of complication

### INTRODUCTION

Vaginal bleeding in the first trimester is a common obstetric situation ranging from an insignificant episode to life threatening emergency. The major causes are abortion, ectopic, and molar pregnancy.<sup>[1]</sup> First trimester bleeding complicates around 20-27% of pregnancy.<sup>[2,3]</sup> Other than routine antenatal visits, bleeding in first trimester is the most important reason for the consultation.<sup>[4]</sup>

Vaginal bleeding can be a normal sign of implantation of the pregnancy, may herald the initiation of spontaneous abortion, or may be the sign of a pathologic condition such as ectopic pregnancy or gestational trophoblastic disease. Vaginal bleeding after confirmation with a positive pregnancy test requires further assessment to identify normal or abnormal development of the pregnancy or a pathologic condition that requires intervention.<sup>[5,6]</sup> Various causes of vaginal bleeding in first trimester include the implantation bleeding, threatened miscarriage, completed miscarriage, incomplete miscarriage, blighted ovum, missed abortion, molar pregnancy, and ectopic pregnancy.<sup>[7]</sup>

### Materials and Methods

This prospective cross-sectional study was conducted among 70 women with pregnancy test positive and pregnancy was confirmed with USG showing gestational sac and attending the outpatient department of obstetrics and gynecology department of Muzaffarnagar medical college. Diagnosed with threatened abortion, 35 patients were prescribed hydroxyprogesterone injections, vs 35 patients were prescribed oral micronized progesterone, and patients were followed for 2 weeks, to compare the results. First trimester pregnancies were included, pregnancies > 12 weeks, were excluded.

### Inclusion Criteria

All the women available during the data collection period who are willing to participate in this study were included in this study.

Positive urine pregnancy test, with diagnosis confirmed as threatened abortion. Ultrasonographic findings confirming intra uterine pregnancy of <12 weeks

### Exclusion Criteria

Pregnancy >12 weeks  
Unstable patient

Patients unable to hear or communicate and not willing to participate in the study were excluded in the study. The data was then analyzed and percentage were obtained.

### RESULTS

**In this study (49 %) 17 out of 35 patients in hydroxy progesterone**

**group & (57%) 20 out of 35 of micro ionized progesterone group continued the pregnancy, in 2 weeks follow up.**

GROUP A (HYDROXYPROGESTERONE):

TOTAL	PREGNANCY CONTINUED	ABORTED
35	17 (49 %)	18

GROUP B (MICROIONIZED PROGESTERONE GROUP)

TOTAL	PREGNANCY CONTINUED	ABORTED
35	20 (57 %)	15

### DISCUSSION

The first trimester is from week one through 12 and includes conception, among women who know they are pregnant, the miscarriage rate is lower, while rates among all fertilization is around 30%.

One of the most common symptoms of a miscarriage is vaginal bleeding with or without pain. Prevention of fetal loss is possible, with use of progesterone, however Our study showed no difference in the outcome with use of hydroxyprogesterone and micro ionized progesterone

### Conclusion

One of the most common symptoms of a miscarriage is vaginal bleeding with or without pain. Prevention of fetal loss is possible, with use of progesterone, however Our study showed no difference in the outcome with use of hydroxyprogesterone and micro ionized progesterone

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