

# Progesterone supplements do not improve outcomes for recurrent miscarriages

November 25 2015

---



New research from the University of Birmingham has shown that progesterone supplements in the first trimester of pregnancy do not improve outcomes in women with a history of unexplained recurrent miscarriages.

The findings, published today in *The New England Journal of Medicine*, mark the end of a five year trial and provide a definitive answer to 60 years of uncertainty on the use of [progesterone](#) treatment for women with unexplained recurrent losses.

The study of 826 women with previously unexplained recurrent [miscarriage](#) showed that those who received progesterone treatment in

early pregnancy were no less likely to miscarry than those who received a placebo. This was true whatever their age, ethnicity, [medical history](#) and pregnancy history.

Nearly two thirds of the women in the trial had their baby, whether they had progesterone or the placebo. The live birth rate was 65.8% in the treatment group, and 63.3% in the [placebo](#) group.

Though the results of the PROMISE (progesterone in miscarriage treatment) trial will be disappointing to many, it will allow researchers to direct their efforts towards exploring other treatments that can reduce the risk.

Professor Arri Coomarasamy explained, "We had hoped, like many people, that this research would confirm progesterone as an effective treatment. Though disappointing, it does address a question that has remained unanswered since progesterone was first proposed as a treatment back in 1953. Fortunately, there are a number of other positives that we can take from the trial as a whole."

The trial results also showed that there were no significant negative effects of progesterone treatment for women or for their babies. This is important information for women taking progesterone for other reasons, such as fertility treatment, or for those taking part in other [trials](#).

Professor Coomarasamy continued, "It may well be that progesterone supplements have other uses, such as preventing miscarriage in [women](#) with [early pregnancy](#) bleeding, so it's not the end of the road."

"Furthermore, the PROMISE trial created a solid network of doctors, nurses and midwives across the UK and beyond, all committed to miscarriage research. That wealth of expertise and information will be invaluable as we continue to explore and test other treatments that really

can reduce the risk of miscarriage."

Provided by University of Birmingham

Citation: Progesterone supplements do not improve outcomes for recurrent miscarriages (2015, November 25) retrieved 14 December 2023 from

<https://medicalxpress.com/news/2015-11-progesterone-supplements-outcomes-recurrent-miscarriages.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.