

Jody Carey Progesterone Diary

- **Before estrogen patch:**
I felt unmotivated, low on energy, and bloated.
- **After starting estrogen patch (with IUD):**
I felt fantastic., more energy, improved mood, and better overall well-being. I did experience some heavy bleeding.
- **After adding progesterone pill:**
I started feeling bloated and puffy, noticed breast tenderness and an increase in breast size, and had frequent spotting with very few days without bleeding.

August 7ish	Started Progesterone Heavy bleeding stopped almost completely right away
August 12th	Feeling "out of sorts" thought it was from a week of family (John's funeral) and feeling torn (not spending time with Jan) Felt tired and drank more coffee than normal Woke up at 2:30-4am. Had two beers that night.
August 13th	Had a heated conversation about girls in sport with Patrick on the boat. He said it reminded him of when I changed my birth control in Australia. Had one G&T
August 14th (1 Week)	Woke up at 3am but went back to sleep. Feeling less energetic and a bit dizzy
August 15th	Slept well, no alcohol, woke up at 8, groggy, low energy
August 16	Woke up with worry but fell back asleep, woke up at 9 am like it was a nap when you feel like your paralyzed. One hard seltzer, Groggy for first 3-4 hours, nauasa on drive home from cabin, fatigue, dizziness around 8pm. Headache-mild, face hotflashes.
August 17	Woke up 5:30, vibrant dreams tio 7. Out of bed at 8:30, pressure on chest, groggy, no alcohol
August 18	Better night sleep (not perfect but better), woke up less groggy, felt a bit chipper, wanted to work out, still dizzy Doctor said to see how I feel in a few weeks (3-4 weeks after starting)
August 19	Slept okay, woke up twice to go to the bathroom. Didn't feel as groggy but felt dizzy on a morning walk, had some motivation to exercise
August 20	
August 21 (2 Weeks)	Slept better, waking up better, not as groggy, felt tired and nauseous on drive to cabin and all evening
August 22	
August 23	
August 24	Feel okay in morning, dizzy in the evening

August 25	Jittery in the morning, fatigue, bloated, bleeding in the evening, felt better after Advil
August 26	
August 27	
August 28 (3 weeks)	
Sept 1	Bleeding (more than spotting)
Sept 4 (4 weeks)	
Sept 5	Felt SUPER dizzy at night
Sept 8	Feeling dizzy in morning, hot face
Sept 11 (5 weeks)	
Sept 13	Down to more than spotting, some hot face
Sept 17	Heavier than spotting, bloated feeling
Sept 18 (6 weeks)	
Sept 19	7 Heavy bleeding
Sept 20-22	Forgot the pill
Sept 25 (7 weeks)	
Sept 30	7 Heavy bleeding
	7 Heavy bleeding
Oct 2 (8 weeks)	7 Heavy bleeding (clot peanut size), feeling slightly less fat
	0 no bleeding 3 light 5 medium (change pad later) 7 very heavy (change pad now)
Oct 5	0
Oct 6	0
Oct 7	7 Heavy bleeding , feel bloated, boobs hurt when running, light cramping
Oct 8	
Oct 9	0

Oct 10	3 - fat
Oct 11	5
Oct 12	3 - hot face, sore boobs
Oct 13	5 - fat
Oct 14	3 - fat (brain fog?) - skipped pill?
Oct 15	5 - full boobs
Oct 16	5 - full boobs
Oct 17	5 - full boobs
Oct 18	5 - full boobs
Oct 19	7 - full boobs, fat
Oct 20	5 - very tired in morning, some worry
Oct 21	5 - low energy, some worry
Oct 22	5 - cramps, left nipple sore
Oct 23	3
Oct 24	3 - feeling better
Oct 25	3
Oct 26	0
Oct 27	5 - cramps light, clot
Oct 28	0
Oct 29	3
Oct 30	5
Oct 31	0 - felt unwell all day, gas
Nov 1	5 - still feel unwell, bowel issues
Nov 2	3
Nov 3	5
Nov 4	
Nov 5	3
Nov 6	5, missed pill
Nov 7	0, increase bra size

Nov 8	0	
Nov 9	0	
Nov 10	0	
Nov 11	0	

0 → 12 entries	3 → 10 entries,	5 → 13 entries	7 → 6 entries
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