

## **DEPO-PROVERA (The Shot) FACT SHEET**

Depo-Provera (medroxyprogesterone acetate) is a long slightly acting injectable contraceptive. The injection must be repeated every three months. The injection is more effective (99.7%) than the combination oral contraceptive (99.5%) because you do not have to remember a pill every day. There are currently millions of women worldwide using this method with up to 90% continuation rate after one year of use.

### **How Depo-Provera Works**

1. Inhibits ovulation causing irregular or infrequent periods.
2. Thickening of cervical mucus, making sperm penetration difficult.
3. Creates a thin uterine lining which cannot support the growth of a fertilized egg.

### **Advantages**

1. More convenient and private method of birth control.
2. Decreased bleeding, fewer cramps and fewer premenstrual symptoms.
3. No increased risk of high blood pressure; no increase in blood clotting complications; no increase in headaches.
4. Can be used by women who are breast feeding.
5. No increased risk of breast cancer.
6. Depo-Provera is a safe, highly effective, long acting and continuous method of contraception.

### **Disadvantages**

1. Irregular bleeding or no bleeding after two injections in 50% of women using this birth control method.
2. Immediate discontinuation of this method is not possible.
3. May take 6-12 months for the return of fertility after Depo-Provera is stopped.
4. Possible tenderness or bruising for several days after the injection.
5. Bone mineral density changes may contribute to development of osteoporosis (bone loss).
6. This method is not recommended for use over 2 years without indication, for example, no other equally effective method.

### **Instructions for Depo-Provera (medroxyprogesterone acetate)**

1. For reducing your risk of sexually transmitted infections, continue to use latex condoms throughout the time you use Depo-Provera.
2. Return to the clinic every 12-13 weeks for another injection to prevent pregnancy.
3. Depo-Provera tends to make a woman's periods less regular and spotting between periods is common. Some women stop having periods completely. If your pattern of bleeding concerns you, or you have any problems, call the clinic.
4. Get adequate calcium and vitamin D (3-4 servings per day) and get adequate weight bearing exercise (60 minutes six times a week).
5. Quit smoking if smoking.

### **Watch for these warnings and call Family Planning or your doctor if you develop any of the following:**

1. Weight Gain of more than 14 pounds.
2. Severe or prolonged headaches.
3. Heavy bleeding.
4. Depression.
5. Frequent urination, lower abdominal pain, or other signs of pregnancy.