

Some medicines may make your birth control method less effective and you could become pregnant. Make sure your doctor knows all medications you are taking.

Women who use Depo-Provera Contraceptive Injection may lose significant bone mineral density. Bone loss is greater with increasing duration of use and may not be completely reversible. It is unknown if use of Depo-Provera during adolescence or early adulthood, a critical period of bone growth/building, will reduce peak bone mass and increase the risk of osteoporotic fracture in later life. Depo-Provera should be used as a long-term birth control method (e.g. longer than 2 years) only if other birth control methods are inadequate. Therefore, it is important to maintain calcium intake while using this contraceptive method.



Division of Women's and Infant's Health

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What and How:

- The three-month birth control, called Depo-Provera, is given as a shot in your arm or hip.
- The shot keeps you from getting pregnant for 12 weeks.
- The shot works by stopping your body from releasing eggs (that can become babies) from your ovaries (body parts that store eggs).

How Often:

- You must come back to the clinic every 12 weeks (3 months) for a shot to keep from getting pregnant.

How Good Is It:

- The shot is almost 100% effective.

What Will My Monthly Be Like:

- The shot can change your monthly period. It may cause you to bleed more or less. It may cause you to bleed when you do not expect it, or it may stop your period.

Patient resources for Depo-Provera

www.depoprovera.com

Depo-Provera patient support line 1-866-554-3376

More Information:

- The area where you get the shot might be sore for 1-2 days, and sometimes there is a bruise where you got the shot.
- If this is your first shot, you need to use a back up birth control method such as foam/film and condoms for 7 days.
- Depo-Provera is an excellent birth control, but it will not keep you from getting sexually transmitted infections (STIs) like:

Gonorrhea

HIV/AIDS

Chlamydia

Hepatitis

Syphilis

Herpes

We advise you to use condoms (rubbers) to help keep yourself from getting STIs.

Possible (not too often seen) Side Effects:

- **You must call the clinic or go to the emergency room immediately if you have any of the following:**
 - ◆ Pain that does not go away, pus, or bleeding where you got the shot.
 - ◆ Severe chest, leg, or arm pain.
 - ◆ Heavy vaginal bleeding (soaking more than one pad or tampon in an hour).
 - ◆ Depression (feeling sad or down all or most of the time).
 - ◆ Severe headache that does not go away.
 - ◆ Severe pain or soreness in the area below your waist that aspirin or Tylenol does not help.
 - ◆ Blurred eyesight, seeing double or blindness