



## What to know when using Depo-Provera as birth control?



It takes 7 days for Depo-Provera to be effective in preventing pregnancy. Be sure to use a second method of birth control such as condoms during that time.



Depo-Provera doesn't prevent sexually transmitted infections (STIs). Use condoms and get tested at least once a year.



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## PEDIATRIC AND ADOLESCENT GYNECOLOGY

# Depo-Provera

*Depo-Provera (depot medroxyprogesterone acetate) is a shot given every 3 months in the clinic or at home with a pre-filled syringe. It may be called "depo" or "the shot". Depo-Provera is a progestin-only method which means that it's safe for most people. The medicine in the shot thins the lining of the uterus so there will be less bleeding and cramps. Depo-Provera can also be used as a treatment for endometriosis and pelvic pain.*

Depo-Provera also blocks ovulation which can improve PMS and other conditions that are caused by monthly changes in hormone levels. About half of people will stop their period soon after their first injection and about half will have spotting and bleeding that goes away over time. After using this medicine for 1 year, 50-80% of users will have no menstrual periods at all. The shot is also a very effective method of birth control.

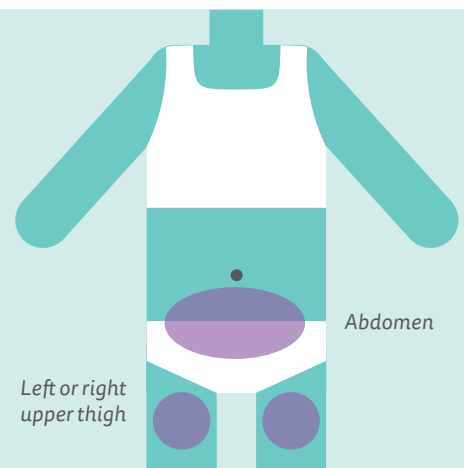
## How does someone do the shot at home?

- Let your doctor know if you feel comfortable doing the shots at home, and they will send an order for DEPO-SUBQ PROVERA 104® to your pharmacy.
- DEPO-SUBQ PROVERA 104® comes in a pre-filled syringe. "SUBQ" means subcutaneous. This means you will give the shot just under the skin in the upper arm, lower stomach or thigh.

DEPO-SUBQ PROVERA 104® for home use comes in a pre-filled syringe which is given as a subcutaneous injection in the upper arm, lower stomach or thigh.

Needle with safety shield

Pre-filled syringe



Abdomen

Left or right upper thigh

## What if I am late to get a shot?

- If it has been more than 15 weeks since your last shot, call us at 720-777-2667 or send a message, and we will help you get restarted on Depo-Provera.

## What about side effects?

- Irregular bleeding especially in the first 3-6 months of using Depo-Provera is common.
- Some people notice they feel hungry more often than usual. Let your doctor know if you are concerned about your appetite or weight gain.
- Some people may have a loss in bone density if they have been on Depo-Provera for more than 2 years. This bone loss is partly or fully reversed when Depo-Provera is stopped.
- When someone decides to stop using Depo-Provera, it can take 3-9 months for normal periods to return.

## Learn more



[childrenscolorado.org/Gyn](https://childrenscolorado.org/Gyn)



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