



Depo Provera



Depo Provera is a safe and effective way to prevent pregnancy, but it doesn't protect you against STIs. Use a condom along with the patch to protect yourself and your partner(s).

How does Depo Provera work?

Depo Provera is a small injection given in the muscle of your shoulder or the cheek of your bum every 12 weeks. The injection contains the hormone progestin, preventing pregnancy. You will have to see a health care provider every three months for your injection, but there is nothing to remember every day. The progestin-only contraceptive shot can be used by women who can't take estrogen.



Depot Provera is highly effective, longer lasting and reversible (not permanent).

It prevents pregnancy by:

- Preventing your ovaries from releasing an egg (pregnancy can't happen if the egg and sperm don't meet).
- Changing the lining of your uterus (endometrium), making it harder for a fertilized egg to implant.
- Changing your cervical mucus, making it hard for sperm to get to the egg.

How do I get started on Depo?

You can start using Depo Provera any time. If your first injection is given in the first five days of your menstrual period, Depo Provera is effective in preventing pregnancy right away. If your first injection is given at another time in your menstrual cycle, it may take up to 3 weeks before the injection is effective in preventing pregnancy.

You'll need to use condoms until the injection has been in your body long enough for it to prevent pregnancy. Your health care provider may ask you to take a pregnancy test before you start on Depo Provera.



Sticking to a schedule keeps the right level of hormones in your body to prevent pregnancy.

To be most effective, it's important that you get your injection every 12 to 13 weeks. It can be 99.8% effective when used perfectly, but most people aren't perfect. With typical use the Depo Provera injection is about

94% Effective

Meaning 60 out of 1000 people using the Depo Provera typically will get pregnant in a year.

Effectiveness is not affected by other medications.

What if I'm late getting my injection?

If it has been more than 13 weeks since your last injection, use condoms to prevent pregnancy and get your injection as soon as possible. Your health care provider may ask you to take a pregnancy test before you get your injection. You'll need to use **condoms** for 3 weeks after your injection to make sure you're protected until the medication has been in your system long enough to prevent pregnancy.

The Emergency Contraceptive Pill (ECP) is a good option to prevention pregnancy if you had sex without a condom in the last 5 days.



Forgetting to get your injection on time is the most common reason Depo Provera fails, resulting in an unplanned pregnancy.

If there is a possibility you may have become pregnant, you should take a pregnancy test before inserting a new ring to begin a new cycle. If you aren't sure what to do, talk with your health care provider or visit www.sexlifefask.ca for more information.



Are there side effects from Depo Provera?

Some side effects from Depo Provera are more desirable than others. Many of the less desirable ones often get better after you have been taking the injection for a few months. Side effects can include: changes to menstrual periods (reduced menstrual cramps, periods become irregular, heavier, lighter, or stop all together), irregular ovulation for 6-8 months after last injection (this can delay the ability to get pregnant after you stop taking Depo Provera), weakening of bones (decreased bone density which may return to normal when you stop taking the injection), reduced risk of endometrial cancer and fibromas, hormonal side effects (acne, headaches, breast sensitivity, worsening of depression, change in sex drive, change in appetite, weight gain).

Some side effects can be warning signs of something more serious. If you have any of the following symptoms, you should let your health care provider know as soon as possible: a new lump in your breast, severe or worsening depression, severe headache with aura (seeing spots of bright light), severe redness, swelling or discharge at the injection site, vaginal bleeding that is much heavier or for much longer than normal, yellow eyes.

Who should NOT take Depo Provera?

Depo Provera is very safe for most people. Some health conditions can increase the risk of serious side effects. Check with your health care provider before taking the contraception injection if you have existing health conditions.

IS DEPO PROVERA RIGHT FOR YOU?

It's important that your contraception method is right for you. If you're having trouble remembering to change your vaginal ring on time or you're struggling with side effects, there are lots of other great contraception options that might be a better fit for you.

Pills



IUD



Patch



Ring



To find out more about contraception or other areas of your sexual health, explore ...

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