



## Information about Depo Provera<sup>®</sup>

Making decisions about birth control can be difficult. You have chosen Depo Provera<sup>®</sup>. Please read this information before your first shot to make sure that you have the information you need for yourself and your family.

### What Are Reasons to Choose Depo Provera<sup>®</sup>?

- Depo Provera<sup>®</sup> is a birth control method that works very well to prevent pregnancy. In fact, it is as effective as birth control pills.
- It is easy to use; you just need to get a shot every 11 to 13 weeks.

### Are there side effects with Depo Provera<sup>®</sup>?

Depo Provera<sup>®</sup> may cause side effects such as:

- changes in your period or no period at all; in fact, you may have irregular bleeding for up to a year and then not bleed at all
- weight gain
- decreased bone density (This usually goes away after stopping Depo Provera<sup>®</sup>).
- headaches
- may prevent your breastmilk from coming in, especially if it is given before you leave the hospital.
- may decrease your supply of breast milk

### Are there women who should not choose Depo Provera<sup>®</sup>?

You should **NOT** use Depo Provera if you:

- think you may be pregnant
- want to become pregnant in the next year
- have vaginal bleeding without a known reason
- have had breast cancer
- have had liver problems
- have a history of allergy to Depo Provera<sup>®</sup>

You should talk to your health care provider about the safety of Depo Provera<sup>®</sup> if you:

- had gestational diabetes in your last pregnancy
- have a history of severe depression
- have a history of decreased bone density

### **What else should I think about when I choose Depo Provera?**

- If you are breastfeeding, some health care providers suggest that you wait six weeks before getting the first Depo Provera<sup>®</sup> shot.
- It is very important with Depo Provera<sup>®</sup> that you get your shot on time in order for it to work well. Think ahead: Will you be able to go to your health care provider in 11 to 13 weeks to get another shot? Some women may find different method may work better.
- Think about the cost: One shot of Depo Provera<sup>®</sup> costs about the same as 3 months of birth control pills. If you are worried about cost, talk to your health care provider.
- If you have sex within one week after your first Depo Provera shot, you should protect yourself against pregnancy by another method, such as condoms.
- Depo Provera<sup>®</sup> does not protect you against sexually transmitted infections. The only protection is no sex at all. Using condoms with Depo Provera<sup>®</sup> can help protect against sexually transmitted infections.

If you have any questions after reading this, ask your health care provider.

*Approved by NC Women's Hospital Patient Education Committee, November 18, 2002; reviewed and approved June 19, 2007; March 1, 2009 February 18, 2016*