

Date you have been given an injection of

Depo-Provera: \_\_\_\_\_

Your next injection is due in 12 weeks on:

\_\_\_\_\_

The injection runs out in 13 weeks on:

\_\_\_\_\_

After this you will no longer be protected against pregnancy. Please contact your college nurse, school nurse, GP or local sexual health service if you need advice.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં ખોઈએ, તો કૃપા કરીને અમને પૂછો

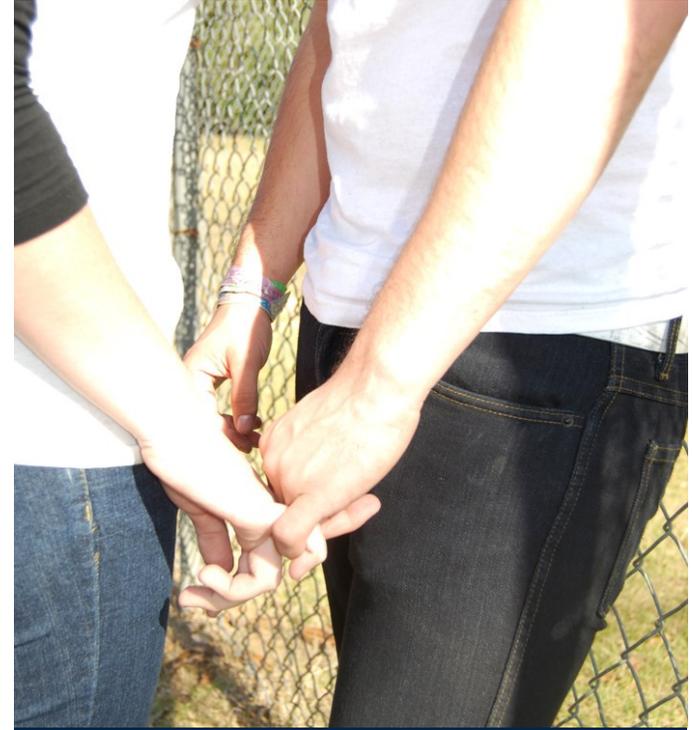
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

नेवर बुलातुं टिच साठवती विनी सुनी ब्रामा नां नवल विंच चातीची वेंहे उां विवधा वर वे सतुं पुढें

.. اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقہ سے درکار ہیں تو براہ کرم ہماری نم سے پوچھیں :-

Oxford Health NHS Foundation Trust  
Trust Headquarters  
Warneford Hospital  
Headington  
Oxford  
OX3 7JX  
Switchboard: 01865 901000  
Email: [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)  
Website: [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)



Contraception information

Injectable  
contraceptives:  
Patient information

# Injectable contraceptives: information for patients

This is a very effective and convenient method of contraception.

## Long-term action

- The injection acts by preventing the release of eggs from the ovaries.
- It has a low failure rate of less than 4 pregnancies per 1000 over two years.
- Most women feel very well when using the injection, but if you have side effects, the injection cannot be removed so side effects may continue during the three month period of the injection.

## Other medications

The effectiveness of the injection is not reduced by other medications.

## Periods

- Irregular bleeding can occur in the first few months.
- Periods may become lighter and less frequent.
- Up to 70% of women using Depo-Provera stop periods by one year of use.

- If your bleeding is longer or heavier than a period, you should contact your college nurse, school nurse, GP or local sexual health services for advice.
- If you suffer from pre-menstrual tension (PMT) this may improve.

## Bones

The injection may cause a slight thinning of the bones. When you stop using it your bones usually recover and may get back to normal after a few years. There is no evidence on the effect of the injection on long-term fracture risk. Pregnancy can also lead to temporary thinning of the bones.

If you wish to continue using the injection you will be reviewed every two years to assess any risk of osteoporosis.

## Risk factors include:

- eating disorders such as anorexia or low body weight
- heavy smoking
- taking medicines such as oral steroids, anti-epileptic drugs, thyroid hormones
- family history of osteoporosis
- age: over 40 years or under 19 years
- The injection can be used in teenage years if all other methods of contraception have been discussed.

- The injection can be used up to the age of 50.
- The doctor or nurse can discuss alternative methods of contraception with you.

## Weight

- Some women gain weight when using the injection and some find it harder to control their appetite.

If you choose the injection, you will need to be careful to eat healthily and take plenty of exercise.

## Depression

- There is no evidence that the injection is associated with depression or mood change

## If you want a baby

- When you stop having the injections, there can be a delay of up to a year before your periods and fertility return.
- This may result in a few months delay before you get pregnant. There is no evidence that injections reduce your long-term fertility.
- If your periods have not returned to normal by a year after your last injection, you should see your GP.