

Date you have been given an injection of:

Depo-Provera:

Sayana Press:

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 or School nurse, GP or local sexual health service if you need advice.

Contraceptive injections do not protect you against sexually transmitted infections, so you may need to use condoms as well.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at:  
[EqualityandInclusion@oxfordhealth.nhs.uk](mailto:EqualityandInclusion@oxfordhealth.nhs.uk)

**Arabic** يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسيق مختلف.

**Bengali** আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।  
**Urdu** اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

**Chinese** 若要以其他語言或格式提供這些資訊，請與我們聯繫

**Polish** Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

**Portuguese** Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Oxford Health NHS Foundation Trust  
Trust Headquarters  
Warneford Hospital, Warneford Lane  
Headington, Oxford OX3 7JX

Switchboard 01865 901 000  
Email [enquiries@oxfordhealth.nhs.uk](mailto:enquiries@oxfordhealth.nhs.uk)  
Website [www.oxfordhealth.nhs.uk](http://www.oxfordhealth.nhs.uk)

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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 is more than 99% effective. (Fewer than 1 in 100 women will get pregnant in a year when using contraceptive injections regularly).
- Most women feel very well when using the injection but it can not be removed from your body. If you have any side effects, they may continue during the 3 months following an injection, and for some time afterwards.
- Another method of contraception (e.g. condoms) might be needed if your 1st injection is not within the first 5 days of a period, or if a subsequent injection is given late.

## Other medications

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

## Side effects

- Can include weight gain, headaches, mood swings, breast tenderness and irregular bleeding.
- If you suffer from pre-menstrual tension (PMT) this may improve.

## Periods

Irregular bleeding can occur in the first few months, and your periods will probably change.

- Most often, periods will stop completely.
- Some injection users will have irregular periods or spotting (bleeding between periods).
- Some injection users will have periods that last longer and are heavier.
- If you have problematic bleeding please contact your College or School nurse, GP or local sexual health services for advice as sometimes bleeding can be due to other causes, such as an infection.

## Bones

The injection may cause thinning of the bones. This isn't normally a problem for most injection-users as the bone replaces itself when you stop the injection and there is no evidence to show that it causes any long-term problems.

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, or thyroid hormones.
- Family history of osteoporosis.

- Age: over 40 years or under 18 years.
- The injection can be used by under 18's following a discussion with a doctor or nurse.
- If the injection is not suitable for you, the doctor or nurse can discuss alternative methods of contraception with you.

## Weight

- Some evidence shows that young women with a higher body mass index (BMI) are more likely to gain weight when using the injection.

## Planning a pregnancy

- It can take up to 1 year for your fertility to return to normal after you stop the injection, so it may not be suitable if you want to have a baby in the near future.
- Although your periods may not immediately return, you will still be at risk of pregnancy. Therefore, an alternative method of contraception is recommended if you do not want to become pregnant.
- If your periods have not returned to normal by a year after your last injection, it is advised that you see your GP.