



Depo-Provera



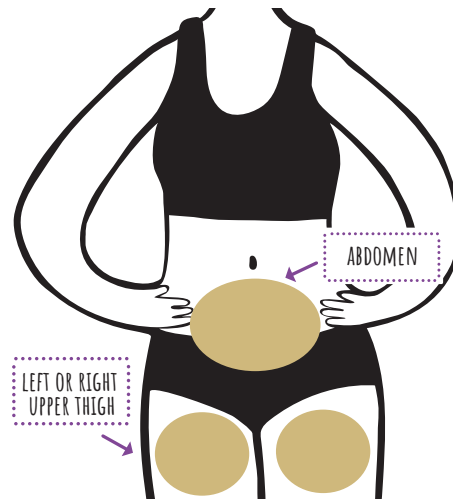
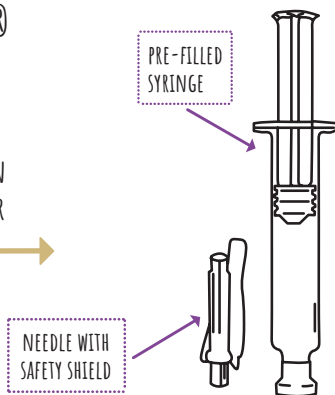
QUICK FACTS!

- + Depot Medroxyprogesterone Acetate (DMPA), is also called “Depo-Provera” or “the shot.”
- + The injection is given every 3 months at your doctor’s clinic, or at home with a pre-filled syringe.
- + Depo-Provera is a progestin-only method which means that it is safe for most people to use.
- + The medicine in the shot thins the lining of the uterus so there will be less bleeding and cramps. Depo-Provera (DMPA) is a treatment for endometriosis and pelvic pain. It also blocks ovulation which means that it will improve PMS and other conditions that are caused by monthly changes in hormone levels.
- + About half of people will stop their period soon after getting their first injection, and about half will have spotting and bleeding that goes away over time. After using DMPA for 1 year, 50-80% of users will have no menstrual periods at all.
- + The shot is a very effective method of birth control.

How does someone do the shot at home?

- + Let your doctor know that you would like to do injections at home, and they will send an order to your pharmacy.
- + 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

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.



Pediatric and Adolescent Gynecology
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Find out more at: cupag.org/periods

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor’s advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

What if I am late to get a shot?

- + If it is longer than 15 weeks since your last shot, call our office (720-777-2667) or send a MyChart message and we will help you get restarted on Depo-Provera (DMPA).

What about side effects?

- + Irregular bleeding especially in the first 3-6 months of using Depo-Provera (DMPA) is common.
- + Some people notice an increase in appetite which means that someone feels hungrier than usual. Let your doctor know if increased appetite and weight gain is a concern for you.
- + After using Depo-Provera (DMPA) for longer than 2 years, there is a concern about loss in bone density. This bone loss is partly or fully reversed when DMPA is stopped.
- + When someone decides to stop using Depo-Provera (DMPA), it can take 3-9 months for normal periods to return.

What do I need to know when using the implant as birth control?

- + It takes 7 days for Depo-Provera (DMPA) to be an effective method of birth control. Keep using your current method for at least 7 days after getting the shot.
- + DMPA does not prevent STI's. Use condoms and get tested at least each year.



Interested in
learning more?
Check out our guide
to problem periods!



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