

## What are the side effects of Depo-Provera?

Irregular bleeding is common after an injection. The amount of bleeding usually decreases with time. Some women may experience headaches, dizziness, bloating, breast tenderness, mood changes and weight gain in the first few months of taking the shot.

Depo-Provera can also be associated with decreased bone density when taken for long periods of time. To prevent this, weight bearing exercises such as walking are encouraged. It is also important to talk to your health care provider about ways to get enough Calcium and Vitamin D.

This is a brief informational handout only. When starting a contraceptive or any new medication, we encourage you to ask questions and get answers.

Contact Planned Parenthood Regina , your family doctor or a Nurse Practitioner to learn more.

### Hours of Operation

Monday, Wednesday & Friday  
9 a.m.- 5 p.m.  
(closed from 12:00-12:45 for lunch)

Tuesday & Thursday  
9:00 a.m.—8 p.m.  
(closed from 12:00-12:45 for lunch)

Saturday  
1:00 p.m.—5 p.m.

Sundays & Stat Holiday weekends:  
*Closed*

*We sell low cost contraceptives.  
Debit/ Credit /Cash*



# Depo-Provera

## The Shot



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# Depo-Provera

## What is Depo-Provera?

It is a method of contraception that uses a long lasting hormone called progestin.

It is injected into the arm every 12 weeks.

It **does not** provide protection against sexually transmitted infections. So condom use is very important.

## Who can use it?

Most women who can use the pill can use Depo-Provera. Women who have just had a baby, who are breastfeeding or who are not able to take estrogen can use the shot.

## How does it prevent pregnancy?

Depo-Provera stops the ovaries from releasing an egg each month. It also affects the lining of the uterus and thickens the mucus in the cervix making it more difficult for the sperm to reach the egg.

## How effective is it?

Depo-Provera is **99% effective** when the shot is given every 12 weeks.

It is important to note that Depo-Provera is not effective in preventing sexually transmitted infections, so condom use is needed for prevention of this.

## How is Depo-Provera used?

It is best to receive the first injection within the first five days of your period, immediately following a birth or abortion.

If this isn't done it is important to confirm you are not pregnant. Following a negative test, the injection can be given, a back-up method of contraception such as condoms should be used for two weeks.

**The Shot - Depo Provera**

