

What to expect with Depo Provera

- ◆ Changes in the menstrual cycle, including unpredictable bleeding or spotting. With continued use of Depo-Provera, menstrual bleeding generally decreases, and many women (55%) no longer have monthly periods at all after the first year.
- ◆ Weight change (many women experience weight loss or weight gain).
- ◆ **Depo-Provera may not be suitable for women who have two or more conditions that may lead to a weakening of the bones including slim build, lack of exercise, and smoking.**
- ◆ Other possible side effects reported by some women include headache, nervousness, abdominal pain, and dizziness.

Note: Depo-Provera does not protect against HIV infection or other sexually transmitted infections and condoms should be used to prevent STI's.

For more information visit:
sexualityandu.com

Resource Centre

HCS promotes healthy lifestyles and wellness in a Resource Centre off the waiting room. The

Centre has information on topics such as:

- stress
- alcohol and drugs
- colds
- sexuality
- sleep
- smoking cessation
- nutrition
- and much more...

Research requests, books, videos and interactive games are also available.

For more information contact 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



Depo Provera

2600 CTTC Building

613-520-6674

What is it and how does it

Depo-Provera is an injection that you receive 4 times a year (once every 10-13 weeks). Depo-Provera contains a hormone (progesterin) that stops the release of a mature egg.

Where is the injection given?

The injection is given in the buttocks, thigh or the upper arm, whichever you prefer.

How soon does it become effective?

If you receive your injection within the first five days from the beginning of your menstrual period, or within the first five days after giving birth, Depo-Provera is immediately effective.

How effective is Depo-Provera?

It is 99.7% effective.

Can any woman take Depo-Provera?

Most women can but it can weaken a women's bones. It is of particular concern to teenagers whose bones are still hardening. For this reason, it is generally only recommended for girls who cannot use other, safer contraceptive methods.

Possible Symptoms

Will I gain weight on Depo-Provera?

Not necessarily. Many women undergo a weight change while using Depo-Provera, either losing weight or gaining weight. It is unclear whether the weight changes are due to heredity, lifestyle or Depo-Provera. An active lifestyle, including healthy diet and regular exercise, will minimize or eliminate any possible weight gain.

Will any medication affect Depo-Provera?

Medications which are thought to interfere with Depo-Provera are aminoglutethimide (Cytadren), and rifampin/rifampicin (Rifadin, Rimactane, Rofact). Tell your doctor or nurse if you are taking, or begin taking, any other medicines, even medicines you buy without a prescription.

Can I smoke while using Depo-Provera?

Smoking is not recommended for anyone. But unlike the Pill, there are no required restrictions on smoking while using Depo-Provera. **However, Depo-Provera may not be suitable for women who have two or more conditions that may lead to a weakening of bones including slim build, lack of exercise, and smoking.**

What if I miss or forget an injection?

It is important to get your birth control injection within 10-13 weeks of your last injection. If you wait longer than 13 weeks, a pregnancy test should be done prior to your injection, and a non-hormonal method of birth control (condom, diaphragm, sponge, etc.) should be used for 3 to 4 weeks after your injection.

Sex, Pregnancy and Depo Provera

My periods have stopped completely. Does this mean I'm pregnant?

No. If Depo-Provera was given to you correctly, and at the right time, it is unlikely that you are pregnant. The reason your period stops is that Depo-Provera causes a resting state in your ovaries, so the regular monthly growth of the lining of the uterus does not occur.

How soon can I get pregnant after I stop using Depo-Provera?

When Depo-Provera is discontinued, normal periods and fertility return. Most women can expect to become pregnant within nine months of their last injection.

Can I use it after I have a baby?

Yes. New mothers, **who don't plan on breast-feeding**, can begin taking Depo-Provera right after childbirth, even before they go home from the hospital.

Will it protect me from sexually transmitted infections (STIs)?

No. Only a latex or polyurethane condom can provide protection from STIs.