

SANILAC COUNTY HEALTH DEPARTMENT – FAMILY PLANNING  
**DEPO-PROVERA (DMPA) FACT SHEET (SHOT)**

Depo-Provera is a chemical about the same as the body's natural hormone, progesterone. It works by preventing the ovary from producing an egg each month, and if no egg is produced, you cannot get pregnant. It also causes changes in the lining of the uterus. The lining thins causing periods to be irregular or absent.

Effectiveness:

- The shot is 99.7% effective with perfect use.

Use:

- The Depo-Provera shot is given to you by a nurse at the SCHD Family Planning Clinic.
- The first shot is given to you during the first five (5) days of your period.
- One shot last for 90 days (3 months).
- It is important that you return on time for each shot for continued protection from pregnancy. (Every 11 to 13 weeks.)
- The nurse will give you a card telling you when to return for your next shot.

Benefits:

- DMPA has been found to decrease the frequency of grand mal seizures and sickle cell crisis.
- DMPA is not effected by drugs that interfere with other methods of hormonal birth control.
- You do not have to remember to take it every day.
- Less menstrual cramps and pain, less or no monthly bleeding.
- Less risk of endometrial and ovarian cancer.
- Lessens the risk of pelvic inflammatory disease and ectopic pregnancy.
- Provides three (3) months of protection after each injection.

Discontinuation:

- If you are more than one week late for your injection, use a back-up method of contraception. If unprotected intercourse occurs, emergency contraception is available at the Family Planning Clinic and should be taken within 120 hours (5 days) in order to prevent pregnancy.
- If you discontinue DMPA and do not want to become pregnant, start using a new birth control method 13 weeks after your first shot.
- If you discontinue DMPA and want to become pregnant, remember that the contraceptive effect may take a number of months to go away.

Side Effects

- |   |   |
|---|---|
| • Irregular menstrual bleeding          | • Weakness or tiredness                       |
| • No periods                            | • Lower sex drive                             |
| • Weight gain                           | • Decrease in bone density with long term use |
| • Headaches                             | • Depression                                  |
| • Nervousness                           | • Breast tenderness                           |
| • Stomach pain or cramps                | • Dizziness                                   |
| • No hair growth or excessive hair loss | • Skin rash or darkening                      |

\*Side effects usually lessen with time.

Warning Signs:

- |                     |                                     |
|---------------------|-------------------------------------|
| • Painful headaches | • Pus or pain at the injection site |
| • Heavy bleeding    | • Severe lower abdominal pain       |
| • Depression        |                                     |

**\* IF YOU EXPERIENCE ANY OF THESE SIGNS, GO TO YOUR NEAREST EMERGENCY ROOM**

### Risk and Complications:

- Decreased bone density

\*In order to avoid this complication, clients are encouraged to do the following:

- Exercise regularly and vigorously
- Take adequate calcium (1300-1500 mg/day) and Vitamin D (400-800 IU/day) to prevent bone loss
- Quit smoking. Smoking can cause a decrease in bone density; therefore, smoking cessation is encouraged

### **Depo-Provera**

Use of Depo-Provera (DMPA) may cause you to lose calcium stored in your bones. The longer you use DMPA the more calcium you are likely to lose. The calcium may not return completely once you stop using DMPA.

Loss of calcium may cause weak, porous bones (osteoporosis) that could increase the risk that your bones might break, especially after menopause. It is not known whether your risk of developing osteoporosis may be greater if you are a teenager when you start to use DMPA.

You should use DMPA longer (for example, more than two years) **ONLY** if other methods of birth control are not right for you.

**REMEMBER, DEPO-PROVERA DOES NOT PROTECT AGAINST ANY SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE CONDOMS EACH TIME YOU HAVE SEX.**

Visit our website: [www.sanilachealth.com](http://www.sanilachealth.com)



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