

Shot

Depo-Provera, Depo, Injection, Depo Shot



How does the shot work?



- The shot uses the **hormone progestin** to prevent ovulation (so no egg is released for sperm to fertilize) and to thicken cervical mucus (which prevents sperm from moving into the uterus).
- The shot works for people of **all weights, all ages, and those using gender affirming hormone therapy**.

How do you use the shot?

get every
12 - 14 weeks
(3 months)

You need to **see a provider** (in-person or via telemedicine) to start using the shot.

Once you have taken the shot, there is nothing more to do to prevent pregnancy until it is time for your next shot.

- Like other shots, it may cause discomfort or pain.
- There are **two ways** of injecting the shot: provider injection into your muscle or self-injection under your skin. You can switch which way you get your shot.
- **Provider injection:** At a clinic, have a provider give you the shot in the muscle of your arm or buttock.
- **Self-injection:** You will receive detailed instructions on how to safely self-inject. A provider, nurse, or pharmacist can help answer any questions about how to perform the injection. You will get a prescription for the shot from your provider to fill at the pharmacy. You will be given a syringe pre-filled with medication to inject into your stomach or thigh. Other supplies you will need: an alcohol pad, a cotton ball or gauze pad, a Band-Aid, and a sharps disposal container. While grabbing the skin of your stomach or thigh with one hand, you will insert the needle all the way into your skin with the other hand and slowly inject the medicine, which will take 5-7 seconds.



Privacy and control

- A provider is needed to start and continue using the shot either through visits or ongoing prescriptions. You can decide to stop using the shot on your own.
- Your partner cannot see or feel you using the shot.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone else cannot see that you are using this method. If self-injecting, someone might find your supplies or discarded supplies.
- If anyone else is tracking your period, they may notice a change to your period.

When starting the shot, will it work immediately?



When starting within 7 days of the first day of your period, it will work immediately. If you are not sure bleeding is your period, you can use a backup method for 1 week.



When starting at any other time, the shot will take 1 week to work. Use an additional contraceptive during that week.



The shot may not be right for people who have or had

- Breast cancer
 - Lupus with positive or unknown antibodies
- This is not a complete list, so talk to your provider about your medical history before starting this method.*

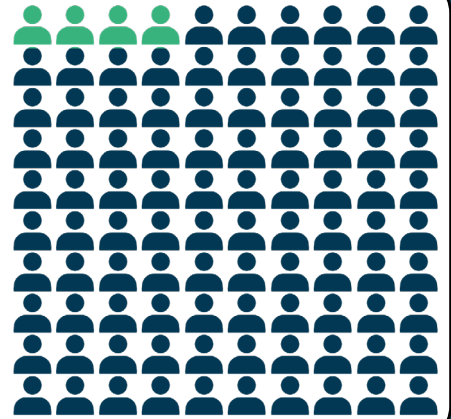


Use emergency contraception if

It has been more than 14 weeks since your last shot.

How well does the shot prevent pregnancy?

- On average, **4 out of 100 people using the shot will get pregnant each year**. This means it is **96% effective** with typical use. Typical use considers how easily a person can use the shot. Some people will not be able to take the shot every 12-14 weeks on schedule.
- With perfect use, meaning never late getting the shot, 1 out of 100 people using it will get pregnant each year. It is 99% effective.
- Some medications can make the shot not work as well.
- **You can use a non-hormonal method of contraception with the shot to provide more protection against pregnancy.**



Side effects

Sexually transmitted infections: Does not prevent.

- Use external or internal condoms to lower your risk of all sexually transmitted infections. *Phexxi* may prevent chlamydia and gonorrhea.

Period: Can affect.

- The shot may cause spotting between periods.
- The shot may make your periods lighter or heavier.
- The shot may cause you to stop getting your period. This happens for about 55% of people. It is safe to not get your period because of the shot.

Period cramps: Can lessen.

Weight: Can cause a lot of weight gain, a little weight gain, or weight loss.

Acne: Can worsen.

Fertility return: You may not be able to get pregnant right away. When you stop using the shot, it may take time to start ovulating again. How much time will vary for each person, but on average it takes 10 months.

Other possible side effects:

- Loss of bone mineral density
- Abdominal pain
- Bruising where you got the shot
- Hair loss
- Fatigue
- Nausea
- Bloating
- Sore breasts
- Anemia
- Dimpling at the stomach injection site
- Reduces symptoms of PCOS or endometriosis

The shot helps lower risk for: uterine cancer; ovarian cancer; endometrial cancer; iron-deficiency anemia; pelvic inflammatory disease

Postpartum use

The shot is **safe to use right after giving birth**. It has no effect on lactation, breastfeeding/ chestfeeding, or infant development.

+ Contact your provider if you have

- Unusually heavy bleeding
- Severe lower abdominal pain
- Allergic reaction: trouble breathing or hives
- Prolonged pain, redness, itching, pus, or bleeding at the injection site

? Questions to ask your provider

- When should I stop using the shot if I am planning a future pregnancy?
- Can the shot work for me if I am afraid of needles or have a history of fainting after shots/ blood draws?
- How can I access the shot if I move away?
- What should I do if I miss an appointment?

Scan for a contraception guide and information sheets on each method.

