

# Depo-Provera



## Welcome to our pharmacy.

This sheet is to help you understand the use of Depo-Provera. For more information:

- Ask the pharmacist
- Talk with the staff at your clinic or with your health care provider
- Read the Patient Package Insert that comes with the Depo-Provera
- Refer to the Internet Web site: [www.depoprovera.com](http://www.depoprovera.com)

**Depo-Provera®** is a very effective method of birth control. It is a shot that is given every 12 weeks or just 4 times a year. It is a hormone, like progesterone that is made by a woman's ovaries.

## How to Use Depo-Provera

Depo-Provera can be given in the arm or buttocks. Please tell the pharmacist which site you prefer.

- **Starting Depo-Provera:** get your first shot during the first 5 days of a normal menstrual period or within 5 days after ending a pregnancy.
- **Ongoing Use:** get a shot every 12 weeks.
- **Late For Your Shot:** If it has been more than 14 weeks since your last shot, and you have sex, you may get pregnant. You should use another method of birth control (like condoms) or not have sex until you get your next shot. Before you get your next shot, you need to see your health care provider.
- **Infections:** Depo-Provera does NOT protect against HIV(AIDS) or other sexually transmitted infections. Using a condom can decrease your risk of getting an infection.

## Watch For These Side Effects

- **Menstrual Changes:** Menstrual changes are common during the first six months. You may bleed or spot between periods or your menstrual period may come at different times. If you keep using Depo-Provera, your menstrual periods will become lighter and may stop. This is normal.

- **Weight Gain:** Many women gain weight while using Depo-Provera. To avoid weight gain, watch what and how much you eat and exercise.
- **Decrease in Bone Thickness:** Using Depo-Provera may decrease the thickness of your bones. When you stop using Depo-Provera, the changes in bone thickness will go away. To avoid changes in bone thickness, make sure you have plenty of calcium in your diet. For information about how to increase calcium in your diet, talk with your pharmacist or provider.
- **Other Side Effects:** include soreness in your breasts, headache, feeling nervous or dizzy, acne, and nausea. Tell your health care provider if you have any side effects that bother you or get worse over time.
- **Allergic Reaction:** If you develop an allergic reaction (hives, itching, rash, tightness in your chest, trouble breathing), contact your health care provider or get emergency medical care right away.

## Planning for Pregnancy

If you want to become pregnant, stop using Depo-Provera. It usually takes 3 to 10 months for your period to return to what is normal for you. Most women get pregnant 3 to 18 months after their last shot. How fast a woman gets pregnant is not related to how long she used Depo-Provera.

## Health Step

A partnership between your health care provider and your local pharmacy to better serve you.

Health Step allows you to get birth control shots at a local pharmacy, as long as you are a patient of a physician or clinic participating in this program. It is designed to make it easier for you to get your birth control shot at a time and place that is convenient for you. Ask your doctor or clinic if they are part of this program.

To find a provider who participates in Health Step call 1-800-323-1336 or visit [www.HealthStep.org](http://www.HealthStep.org)

