

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



injection sites for intramuscular shot



injection sites for subcutaneous shot

You must get the shot every **12 - 15 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.

There are **two ways** of injecting the shot: into the muscle of the arm or buttocks (**intramuscular**) or under the skin in the stomach or thigh (**subcutaneous**). You can have a provider or nurse give you the shot at a clinic or you can give yourself the shot if you prefer. Usually the shot you give yourself is the kind you inject under the skin of your stomach or thigh. Like other shots, it may cause discomfort or pain.

PROVIDER INJECTION: At a clinic, a provider will give you the shot. You must go back to the clinic every 12-15 weeks to continue using the shot.

SELF-INJECTION: You will receive detailed instructions on how to safely self-inject. A partner, friend, or family member can also give you the shot following those same instructions. You will get a prescription for the shot from your provider. You may be able to get supplies at the clinic, or you may need to go to a pharmacy.

- You will be given syringes pre-filled with medication.
- Other supplies you will need: an alcohol pad, a cotton ball or gauze pad, a small adhesive bandage (ie. Band-Aid), and a sharps disposal container.



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, but it may take awhile for all the hormone to leave your body after your last shot.
- Someone else cannot see or feel that you are using the shot. However, 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.
- Someone you live with or who you share insurance with may see a bill from your insurance. Talk to the clinic if you are concerned about someone else seeing your insurance bill - there are ways to keep this information private.



DOES THE SHOT 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
- Stroke
- Serious heart problems
- Chronic kidney disease.
- Lupus with positive or unknown antibodies

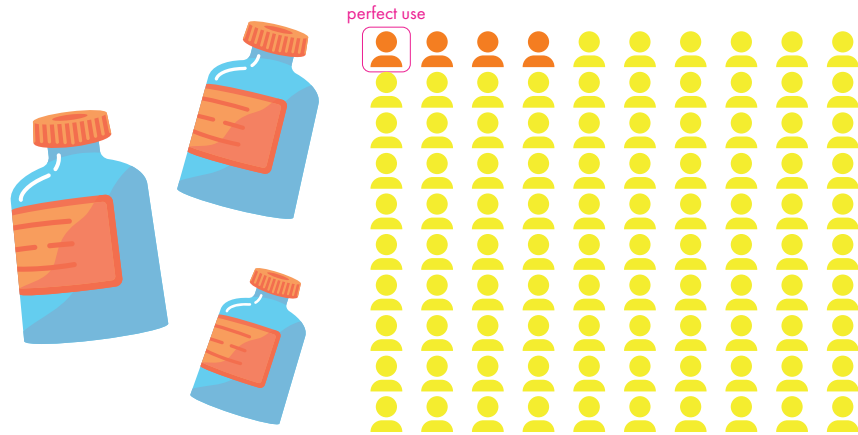
This is not a complete list, talk to your provider about your medical history before starting this method.



USE EMERGENCY CONTRACEPTION IF:

- It has been **more than 15 weeks** since your last shot.

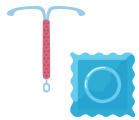
HOW WELL DOES THE SHOT PREVENT PREGNANCY?



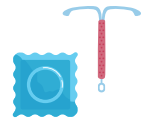
On average, **4 out of 100 people using the shot will get pregnant each year**. This means it is **96% effective** with typical use. Typical use considers how easily a person can use the shot. Some people will not be able to take the shot every 12-15 weeks on schedule.

Some medications may make it not work as well.

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**.



You can use a non-hormonal method of contraception with the shot to provide more protection against pregnancy.



SIDE EFFECTS

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. On average, people gain about 5 pounds after using the shot for 1 year.

ACNE: Can worsen.

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

OTHER POSSIBLE SIDE EFFECTS:

- Loss of bone mineral density
- Abdominal pain
- Hair loss
- Fatigue
- Nausea
- Bloating
- Sore breasts
- Dimpling at the injection site
- Reduces symptoms of PCOS and endometriosis

THE SHOT HELPS LOWER RISK FOR: anemia, pelvic inflammatory disease, endometrial cancer and ovarian cancer

SEXUALLY TRANSMITTED INFECTIONS

The shot does not prevent sexually transmitted infections.

- Use external or internal condoms to lower your risk of all sexually transmitted infections.



POSTPARTUM USE

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



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?



CONTACT YOUR PROVIDER IF YOU HAVE:

- Unusually heavy bleeding
- Prolonged pain, redness, itching, pus, or bleeding at the injection site



Clinic staff can help you find coverage for services and supplies. You may qualify for low- or no-cost birth control, and funding programs may be available.

Call 211 or visit www.211info.org



Oregon Reproductive Health Program

www.healthoregon.org/rh

adapted from PICCK.org