

DEPO-PROVERA

WHAT IS DEPO-PROVERA?

Depo-Provera (Depo) is a birth control method containing the hormone progesterone. It is given by injection every 10 to 13 weeks to prevent pregnancy. It is available with a prescription from a health care provider.

HOW IT WORKS

- It stops your ovaries from releasing an egg each month (prevents ovulation)
- It makes the cervical mucus thicker, making it harder for the sperm to travel into the uterus

EFFECTIVENESS

When given every 10 to 13 weeks, Depo-Provera is over 99 per cent effective. For every 100 people who use Depo-Provera according to instructions, approximately one person will get pregnant in one year.

ADVANTAGES

- Does not contain estrogen
- Does not interfere with sexual intercourse
- Does not require a daily contraceptive routine
- Creates a decrease or absence of menstrual bleeding
- Safe to use during breastfeeding
- Reduces menstrual cramps and the risk of endometrial cancer
- May improve symptoms of endometriosis and premenstrual symptoms
- May be suitable for people who cannot take estrogen, who are breastfeeding and/or are over the age of 35 who smoke
- Common medications do not interfere with the effectiveness

Depo-Provera does not protect you from STI's. Always use a condom from beginning to end of all sexual contact to reduce your risk.

DISADVANTAGES

- Cannot be used by people who have an allergy to soya beans
- Initially, irregular bleeding is quite common
- Lack of monthly period may not be preferable for some individuals
- May cause an increase in body weight
- May cause a decrease in bone mineral density which may return to normal when Depo-Provera is stopped
- Normal ovulation (releasing an egg from the ovary) may not return until nine to ten months after last injection
- Must be administered by your health care provider every 10 to 13 weeks

POSSIBLE SIDE EFFECTS

- Depression
- Headaches
- Breast tenderness
- Bloating
- Increased thirst or urination
- Decreased bone density

WHEN TO START DEPO-PROVERA

- Start Depo-Provera during the first five days of your period
- Start within five days following an abortion
- Start within five days after giving birth (if not breastfeeding)
- If breastfeeding, start six weeks after childbirth – it is important to discuss this at your six-week postpartum visit with your health care provider before you start Depo-Provera

ADDITIONAL RESOURCES

- York Region Public Health Sexual Health Clinics 1-800-361-5653, # 1
- Society of Obstetricians and Gynecologists of Canada itsaplan.ca