

**FAMILY PLANNING PROGRAM  
MONROE COUNTY HEALTH DEPARTMENT**

**2353 S. Custer Road  
Monroe, Michigan 48161  
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Toll Free (888) 354-5500 ext. 7830**

## **Depo Provera**

Depo-Provera is an injectable form of birth control that protects against pregnancy for 12 weeks at a time. It contains the hormone progesterone. Depo-Provera suppresses ovulation (prevents an egg from being released), thickens cervical mucus to block sperm entry, and causes thinning of the uterine lining (endometrium).

- + Effective and safe
- + Greater convenience and privacy
- + Can be used by nursing mothers
- + No drug interactions
- + >99% effective



### **Bone loss with prolonged use (more than 2 years) (Black Box Warning as of 1/05)**

The longer one uses Depo-Provera Contraceptive injection, the more calcium she is likely to lose. The calcium may not return completely once Depo-Provera Contraceptive injections are stopped. Loss of calcium may cause weak, porous bones (osteoporosis) resulting in increased risk that bones may break, especially after menopause. It is unknown if one's risk of developing osteoporosis may be greater if one is a teenager when starting to receive Depo-Provera Contraceptive injection. Depo-Provera injections are recommended for long-term use (for example, more than 2 years) only if other methods of birth control are inadequate. Based on this information, I understand the risk associated with Depo-Provera continuation.



The Monroe County Health Department will not discriminate against any individual or group because of residency, religion, creed, race, color, national origin, age, sex, handicapping condition, number of pregnancies, marital status, source of payment, or political belief. Developed with support of Title X funds.

JS:jb:06/04 Revised JS 01/12; 11/16 DG

**Directions for use:**

1. Your 1<sup>st</sup> shot should be given within the first 5 days of your normal period to make sure you are not pregnant when it's given.
2. A shot will be given in the muscle of the arm or the buttocks every 12 weeks.
3. Use back up method for 7 days after receiving your 1<sup>st</sup> Depo-Provera shot.
4. With continued use of Depo-Provera, bleeding usually decreases & many women stop having periods completely. This is normal.

**Possible Side Effects:**

- |                                              |                                          |
|----------------------------------------------|------------------------------------------|
| Appetite change                              | Nausea                                   |
| Weight gain                                  | Headaches                                |
| Sore breasts                                 | Nervousness                              |
| Abdominal discomfort                         | dizziness                                |
| Decreased sex drive                          | Depression                               |
| Irregular/unpredictable spotting or bleeding | Hair loss or increased face or body hair |

**Risks:** *Depo-Provera may decrease the amount of calcium in your bones.*

**Possible bone mineral changes may occur.** It is important to:

1. Maintain adequate calcium intake (1300 – 1500 mg/day)
  2. Maintain adequate vitamin D intake (400 – 800 IU/day)
  3. Participate in regular weight bearing exercise
  4. Do not smoke
  5. Obtain bone mineral density testing from your family physician if you have been on Depo-Provera for 2 years or more. (Depo is long-acting, but should not be used long-term.)
- \* (See Patient Labeling Information)

**Danger signs to report to the Family Planning Clinic, Your Physician, or Emergency Room Immediately:**

- Chest pain, severe pain in the calf or abdomen
- Shortness of breath
- Sudden, severe headache
- Eye problems
- Frequent urination
- Heavy, prolonged bleeding
- Severe depression

Depo-Provera does not protect you against transmission of HIV and other sexually transmitted diseases. It is strongly recommended that you use latex condoms to reduce risk.

**Emergency Contraception** is available. Ask the Family Planning nurse or practitioner. It must be used within 120 hours of unprotected sex to prevent pregnancy. Emergency Contraceptive Pills do not cause an abortion and should not be used as routine contraception.

**Follow-up Visits:**

You will need to come to the clinic every 12 weeks for your Depo-Provera shot. Please call in advance to make an appointment to receive your shot.

**Family Planning Nursing Staff Hours**

Monday	Closed
Tuesday	Supplies: 2:00 p.m. – 4:00 p.m.; 5:00 p.m. – 6:00 p.m. Practitioner: 4:45 p.m. – 7:30 p.m.
Wednesday	Supplies: 1:30 p.m. – 3:30 p.m.; 5:00 p.m. – 6:00 p.m. Practitioner: 6:00 p.m. – 8:00 p.m.
Thursday	Supplies ONLY: 2:00 p.m. – 4:00 p.m.
Friday	Closed