

## Possible side effects

- Changes in menstrual bleeding pattern
- Nausea
- Mood change

If you experience any of the above, please contact your service provider

## Rumors & Misconceptions

### Depo does not:

- Cause cancer
- Cause infertility
- Cause menstrual blood builds-up in a woman's body
- Cause birth defects
- Disrupt existing pregnancy
- Require a rest period between

## REMEMBER

*Depo protects you from pregnancy and not STIs & HIV.  
USE A CONDOM*

**Keep your Appointment card**

*Family Planning is a Right*

**&**

*Every client must be treated with dignity & respect*

**For further information & services,  
Visit the nearest Health Facility  
in your community**

# Basic Facts about Depo Provera “Depo Injectable”



**For short term family  
planning,  
use a Depo Injection**

**It is safe, effective  
and reliable**



## What is Depo Provera?

"Depo" is an injectable contraceptive that contains one hormone (progesterone).

It is injected into the muscles of either the buttock or upper arm.

It protects against pregnancy for three months and can be administered two weeks before and after the injection due date.

## How does it work?

- It works primarily by preventing the release of eggs from the ovaries (ovulation)

## Who can use Depo?

Women and young females who:

- Have or have not had children
- Are married or single
- Are of any age and sexually active (including those over 40 years)
- Have just had an abortion or miscarriage
- Smoke less than 15 sticks of cigarettes per day, regardless of age

- Are breastfeeding. They can start at 6 weeks after childbirth
- Are HIV positive or on HIV drugs

## Who cannot use Depo?

Anyone who:

- May be pregnant
- Is breastfeeding and less than 6 weeks since giving birth
- Has unexplained vaginal bleeding
- Has severe liver infection or tumor
- Has severe high blood pressure
- Has breast cancer
- Has severe liver disease

## When to start Depo Injection?

- Anytime as long as the person is not pregnant
- At least 6 weeks after childbirth

Note:

- If she is starting within 7 days after her monthly menses, no need for a backup method (condom)
- If it is more than 7 days after start of her monthly menses, she will need a backup method (condom) for the first 7 days after the injection

## Benefits of Depo?

- Lasts for 3 months, no daily supply needed
- It is safe and effective
- Can be used by breastfeeding mothers and clients who cannot use methods with estrogen
- Does not interfere with sex drive
- It's a private and discreet contraceptive choice
- Does not require any further action once it is injected
- Helps protect against cancers of the uterus
- Fertility returns after injection is stopped