



**YOUR
HEALTH.
YOUR
CHOICE.**

Depo-Provera

Talk to your partner about birth control before you have sex. You can use latex condoms to lower your chances of getting sexually transmitted infections (STIs) and prevent an unwanted pregnancy.

What is Depo-Provera?

Depo-Provera is a hormonal form of birth control. It is given by injection. You can get an injection every 12 weeks to prevent yourself from getting pregnant.

How does Depo-Provera work?

Depo-Provera prevents your ovaries from releasing an egg each month. It also affects the endometrium (lining of the uterus) and makes the mucus found in the cervix thicker. The cervix is the opening to the uterus.

How do you use Depo-Provera?

Depo-Provera is a medication. A clinician will give you a prescription. A doctor or nurse will give you the Depo-Provera. The first injection should be given within five days after the beginning of your period. You must return every twelve weeks for the injection. You may need to use another kind of birth control for a period of time after your first injection. Consult your physician for more information.

How long can you use Depo-Provera?

You should not use Depo-Provera for more than 2 years unless no other form of birth control is right for you. Depo-Provera can cause you to lose calcium in your bones. The longer you use Depo-Provera, the more calcium you lose. Over time, this could increase your risk of osteoporosis.

Is the effect of Depo-Provera Permanent?

No. Depo-Provera works for about 3 months. The injection has to be repeated every 12 weeks to prevent pregnancy. After you stop using Depo-Provera, your regular ovarian functions should return after a short period. However, it takes an average of 9 to 7 months to get pregnant after your last Depo-Provera injection.

How effective is Depo-Provera?

Out of 100 women who use Depo-Provera, about 99 of them will not get pregnant.

It is important to use condoms or a latex barrier with sexual partners to decrease the risk of getting a sexually transmitted infection.

What are the advantages and disadvantages of Depo-Provera?

Advantages

- ★ Your chances of getting pregnant are very low.
- ★ You only have to get an injection once every twelve weeks.
- ★ You might not bleed as much during your period. After 1 year of use, 50% of women have no bleeding at all.
- ★ You may use this method if you are breast-feeding.
- ★ Your chances of getting some kinds of cancer are lower.
- ★ You might be able to use this method even if you cannot use the birth control pill.
- ★ You don't need to keep any birth control supplies at home.
- ★ It can be used safely by women who are breastfeeding.

Disadvantages

- ★ You will have irregular bleeding. Some women stop having periods completely.
- ★ It is an injection.
- ★ You must get an injection every 12 weeks.
- ★ If you are late in getting your injection, your chances of getting pregnant are higher.
- ★ You might get some side effects like headaches, dizziness, bloating, tender breasts, mood changes and weight gain.
- ★ You are not protected against sexually transmitted infections (STIs).
- ★ Increased risk for osteoporosis after two years.
- ★ Women on Depo should ensure adequate calcium and vitamin D intake
- ★ Speak to a clinician regarding bone density

Women who have the following should not use Depo-Provera:

- ★ Liver disease; history of blood clots or stroke, vaginal bleeding without a known cause, cancer of the breast or reproductive organs, increased risk for osteoporosis after two years.

Where can you get Depo-Provera?

Birth control clinics and clinicians can provide Depo-Provera.

If you need further information or would like to book an appointment, call:

Planned Parenthood Toronto Health Services for youth ages 13 to 29. 416-927-7171. Health Services offers same-day, scheduled and drop-in appointments. For more information visit www.ppt.on.ca.

Women's Programming at the Bay Centre for Birth Control for women of all ages at 416-351-3700.

Youth can also access information about sexual health by calling the Teen Sex InfoLine at 416-961-3200 or chat live using MSN messenger at spiderbytes@hotmail.com from 4 p.m. to 9 p.m. Monday to Wednesday and 12 noon to 6 p.m. Saturday and Sunday. You can also email us a question anytime at askus@spiderbytes.ca or visit www.spiderbytes.ca.