

What is it?

Depo-Provera is an injection in the arm to prevent pregnancy, which lasts for 3 months.

How does it work?

Depo-Provera has a type of hormone called progestin (medroxyprogesterone), which stops your ovaries from releasing eggs. It also makes your cervical mucus thicker, which prevents sperm from getting to the egg.

The shot is given into your arm muscles by a nurse. You need to get the shot every 12 weeks to prevent pregnancy.



How effective is Depo-Provera?

Depo can be very effective if you NEVER miss a shot. Less than 1 out of 100 women will get pregnant if they always use a shot as directed. Unfortunately, in real life about 6 out of 100 women will get pregnant using the shot (as they don't get it on time, for multiple reasons).

Are there any side effects or risks with Depo-Provera?

Depo-Provera is generally very safe. It is so safe that it can be used in women who have blood clot problems, heart disease, high blood pressure, obesity and diabetes. But all medications have some risks, so talk to your doctor about other medical conditions, especially if taking seizure medications. Depo can be used while you are breastfeeding.

Irregular bleeding is the most common side effect, which can be heavy – although by 9 months most women stop getting their period altogether. Less common side effects include mood changes, mild weight gain (less than 10 lbs), hair loss, headaches or nausea.

Depo-Provera can also temporarily make your bones thinner. For this reason, your doctor may recommend calcium or Vitamin D supplements.

How much does the shot cost?

Each shot costs between \$50 and \$150, depending on your insurance. Your insurance may cover the cost completely.

For more information, please visit these websites:

www.bedsider.org

<http://www.plannedparenthood.org/health-topics/birth-control/birth-control-shot-depo-provera-4242.htm>