

Depo-Provera "the shot"



How it Works



Depo-Provera, more commonly known as “the shot,” is used to prevent pregnancy and does not protect against sexually transmitted infections (STIs). It contains the hormone progestin. It helps prevent pregnancy by:

1. Stopping the release of eggs from the ovaries.
2. Making it hard for sperm to get through the mucus in the cervix (the opening to the uterus).
3. Thinning the lining of the uterus, which may make it hard for the fertilized egg to attach and grow there.

Benefits

- When the shot is given every 77-90 days (3 months approx.), it's over 99% effective in preventing pregnancy.
- It's easy, private and convenient – you get a shot every 11 – 12 weeks.
- After 2 or 3 shots, many people with a uterus have light periods or no periods at all.
- Cramping with periods often gets better or goes away.
- It decreases the risk of cancer of the ovaries and lining of the uterus.
- It decreases the risk of pelvic inflammatory disease, a serious infection of the uterus, tubes, and ovaries.
- It does not contain estrogen.
- It can be used while breastfeeding.

Getting Started

1. Make an appointment at the clinic to start the Depo-Provera shot.
2. After receiving the first shot, avoid sex or **use condoms for seven days** to prevent pregnancy.
3. Schedule a nurse visit at the appointment in 12 to 13 weeks to get the next shot.

Possible Side Effects

- Unpredictable bleeding or spotting (very light bleeding) for up to 9 months.
- Breast tenderness and/or acne—usually temporary.
- It may take a while to start releasing eggs again after the last shot—maybe 6-12 months. Though some people with uterus become pregnant soon after quitting Depo, pregnancy can be delayed for others.
- Weight gain
- Less good cholesterol in your blood
- Less calcium stored in your bones

Things to Know

The Depo-Provera shot does not protect against sexually transmitted infections (STIs). It is important to use a condom every time a person is having sex to help prevent STIs.

A person should return to the clinic for a shot every 12-13 weeks (about three months or 90 days.) Pregnancy can happen if an individual waits longer than 90 days between one shot and the next one.

If a person waits over 90 days to get their next shot and has sex without a condom, they should come to the clinic for emergency contraception.

Schedule an Appointment

Call or text **612-368-1611** to schedule a confidential appointment or ask questions

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