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## PATIENT INSTRUCTIONS FOR DEPO-PROVERA INJECTION

Depo-Provera is administered every three months and is the most commonly used birth control injection. It is a very effective method of birth control. A prescription will be provided to you for the injection. You should pick up the shot from the pharmacy before each visit and bring it with you in the sealed wrapper. You should NOT give yourself the shot or have anybody else do so.

Depo-Provera is intended to prevent pregnancy. It does not protect against transmission of HIV (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B and syphilis. You should continue to use condoms.

If you wish to get pregnant, stop the birth control injections several months before you plan to get pregnant.

The following information is important in using Depo-Provera:

1. Use another form of birth control for 2 weeks after your **first** injection of Depo-Provera.
2. Depo-Provera may affect women's periods. For the first 9-12 months on Depo-Provera your periods may be less regular. Bleeding and spotting between periods is common. (If your pattern of bleeding concerns you, you should schedule an appointment for a check up. Infection or pregnancy needs to be ruled out. Hormone treatment can be used to improve bleeding problems).
3. Weight gain can occur with Depo-Provera. Particular attention should be paid to a balanced diet and exercise.
4. Recent evidence suggests a loss of bone density with Depo-Provera, which might not be fully reversible after stopping the shot. Taking Calcium (1000-1500mg) and Vitamin D (400 IU) is important to all females and is helpful in protecting your bones.

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Side effects that you should report as soon as possible:

- breast tenderness or discharge
- numbness or pain in the arm or leg
- pain in the chest, groin or leg
- severe headache
- stomach pain
- sudden shortness of breath
- unusual weakness or tiredness
- vision or speech problems
- yellowing of skin or eyes

Side effects that usually do not require medical attention (but report them if they continue or are bothersome):

- changes in sexual desire or ability
- changes in vaginal bleeding
- facial hair growth
- fluid retention and swelling
- headache
- increased sweating or hot flashes
- loss of appetite or increase in appetite
- mood changes, anxiety, depression, frustration, anger, or emotional outbursts
- pain or itching at the injection site
- skin rash
- stomach discomfort
- weight gain or weight loss
- vaginal yeast infection (irritation and white discharge)

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I have read and received a copy of the above instructions about Depo-Provera. I have had the opportunity to ask any questions of my doctor and have received acceptable answers to my questions.

I have decided to use Depo-Provera for my birth control method.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Physician Signature \_\_\_\_\_