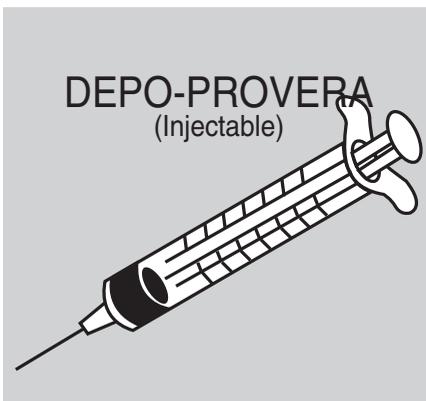


DEPO-PROVERA SHOTS



What is Depo-Provera?

Depo-Provera is a birth control method given as a shot every 12 weeks.



How do Depo-Provera shots work?

Like birth control pills, Depo-Provera works by releasing a female hormone in your body. This hormone prevents pregnancy in the following ways:

It may:

- Keep the body from releasing an egg that could be fertilized by a man's sperm
- Cause changes to the

cervical mucus making it more difficult for sperm to enter the uterus

- Keep a fertilized egg from attaching to the uterus

How well do Depo-Provera shots work?

Very well. Depo-Provera shots prevent pregnancy about 98 to 99 percent of the time. This means that it works about as well as having your tubes tied, but it only lasts 12 weeks. If you do not get a new shot every 12 weeks, you can get pregnant.

Why are Depo-Provera shots a good choice for me?

Depo-Provera shots are safe and work very well. You do not have to remember or do anything when you have sex to prevent pregnancy. If you decide later that you want to have a baby, all you have to do is stop getting the shots.

Can I breastfeed my baby if I take Depo-Provera shots?

Yes!

When you get a Depo-Provera shot:

Tell your doctor or nurse if you take any medicines or start a new medicine.

Women who use birth control methods with hormones should not smoke.

You may be told by your healthcare provider to use a backup method of birth control, such as condoms, for a week after you get your first shot. As long as you get another shot every 12 weeks (about 3 months), you don't need to use anything else when you have sex. However, you may want your partner to use a condom to protect you from AIDS or other diseases you can get when you have sex.

CONTINUED ON BACK

Facts About Depo-Provera

You Should Not Take Depo-Provera if:

1. YOU ARE PREGNANT OR THINK YOU MIGHT BE.
2. YOU HAVE BLEEDING FROM YOUR VAGINA AND DON'T KNOW WHY.
3. YOU HAVE LIVER DISEASE.
4. YOU HAVE EVER HAD BLOOD CLOTS, BREAST CANCER, HEART ATTACK OR STROKE.

Will I have any problems if I take Depo-Provera shots?

Depo-Provera can lower the amount of calcium stored in your bones and may weaken your bones if taken for a long time (more than 2 years). This could lead to fractures or osteoporosis later in life.

Every woman should take steps to have healthy bones. To do this, take in plenty of calcium and get plenty of exercise. Talk to your healthcare provider about calcium rich foods and supplements you can take to help prevent bone loss.

What are the possible side effects of Depo-Provera?

The most common side effect for women using Depo-Provera is irregular bleeding. It is more common in the first 6 to 12 months of use. You may bleed more or less when you have your period than you did before taking the shot, or you may not have a period at all. Other side effects you may have include: headaches, nervous feeling, nausea (feel sick to your stomach), sore breasts, change in appetite, weight gain or loss, dizziness, hair loss or increased hair on the face or body. Most of the time, any changes you have do not last long.

After using Depo-Provera even for a year, there may be a delay in getting pregnant. On average it may take 10 months to get pregnant after your last shot. This is normal with Depo-Provera so keep that in mind when deciding what birth control you want to use.

Are there any warning signs I need to watch for?

Serious problems are rare. Call your doctor or nurse if any of these warning signs happen to you:

1. Sharp chest pain or sudden shortness of breath
2. Sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness, or numbness in an arm or leg
3. Severe pain or swelling in the lower leg
4. Unusually heavy vaginal bleeding
5. Severe pain or tenderness in the lower abdominal area
6. Pain, pus or bleeding that has not gone away, at the place where you got your shot

If you have any questions, concerns or need an appointment, call:

I will need a new shot on:

(date)

REMEMBER:

Depo-Provera shots do not protect you from AIDS or other diseases you can get when you have sex. Use a latex condom to protect yourself.