

# What are the disadvantages?

## **Bleeding may change**

Your bleeding may be irregular or may last longer. This is more common when you first start to use Depo Provera and often gets better with time.

## **Bone density**

Depo Provera is associated with a reduction in bone density. This improves when you stop using Depo Provera.

## **Fertility changes**

It can take up to a year for your fertility to return to normal after stopping Depo Provera. If you're planning a pregnancy soon, you should look at other options.

## **Weight gain**

Some people gain weight when they are using Depo Provera.

Depo Provera does not protect you against sexually transmissible infections (STIs). Condoms and lube are your best protection against STIs.

Make sure you have your injection on time, every time, by booking your next appointment while you're at the clinic.



## **WERO ĀRAI HAPŪ**

1. Also called the injection or the jab.
2. Depo Provera is an injection you get in your bottom.
3. It is very effective if you get it on time, every time.
4. Your period is likely to stop while you're on Depo Provera.

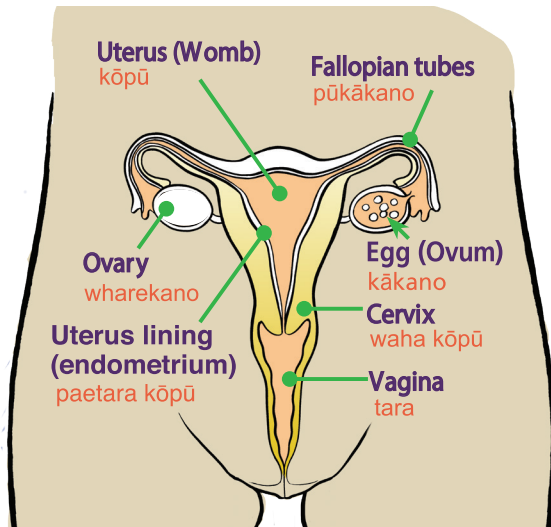


[sexualwellbeing.org.nz](https://sexualwellbeing.org.nz)

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# What is it?

Depo Provera is a contraceptive injection which you get every 12-14 weeks. Depo Provera contains progestogen - this is a hormone similar to one produced by your ovaries.



# How does it work?

Depo Provera stops your ovaries releasing an egg each month. The lining of your uterus (endometrium) will also change.

# Who can use it?

Almost everyone can use Depo Provera, even those who cannot use the combined contraceptive pill (“the pill”).

# How well does it work?

We know that people can forget or be late to get their injection. When taken like this, Depo Provera is 97% effective (3 out of 100 Depo Provera users will get pregnant each year).

If you get your injection on time every 12-14 weeks, it can be more than 99 per cent effective at preventing pregnancy.

# When do I take It?

You will need to come to a Sexual Wellbeing Aotearoa clinic or your doctor every 12-14 weeks for an injection.

# What are the advantages?

## It works

Depo Provera can be very effective.

## It's convenient

It lasts up to 14 weeks.

## Better periods

It can be helpful if you have heavy or painful periods.

## Protection

It can help protect against endometrial cancer.