

Patient Information:

Depo Provera™

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What is Depo-Provera?

Depo-Provera is a highly effective injectable contraceptive given every 12 weeks containing synthetic progesterone similar to that found in women. The first injection is given during the first five days after the onset of the menstrual period.

What are the contraindications?

Depo-Provera should not be taken if any of the following are present:

- Known or suspected pregnancy
- Undiagnosed vaginal bleeding
- Known or suspected breast cancer
- Known sensitivity to Depo-Provera
- Blood clots in legs or lungs
- History of stroke
- Impaired liver or kidney function

What are the advantages?

- 99% effective if injections are received every 12 weeks
- Decreased cramps
- Decreased risk of cancer of the uterus
- Commonly used medications including antibiotics do not interfere with effectiveness
- Effectiveness begins immediately
- Need only to think about contraception four times per year

- May be used by women who cannot use estrogen

What are the possible side effects?

- Irregular menstrual bleeding is common.
- Weight gain of 5.4 pounds with 1 year of use and 8.1 pounds with 2 years of use
- Reversible decrease in bone density (osteoporosis)
- Rarely increased blood clotting leading to blood clots in the leg, lung, or stroke
- Fluid retention
- Low birth weight in infants conceived 1-2 months after injection of Depo-Provera
- Hair loss
- Acne
- Decreased high density lipoprotein (HDL)
- Decreased libido
- Moodiness or emotional changes

What are the warning signs that I might be having a problem with my Depo-Provera?

- Severe chest pain
- Shortness of breath
- Coughing blood
- Severe headaches
- Severe pain or swelling of the legs
- Severe abdominal pain
- Persistent pain, pus, or bleeding after injection

IN 2005 THE FDA AND THE PFIZER PHARMACEUTICAL COMPANY ISSUED A WARNING REGARDING THE USE OF DEPO PROVERA. DEPO PROVERA SHOULD NOT BE USED AS A CONTRACEPTIVE FOR LONGER THAN TWO YEARS UNLESS THERE IS NO ALTERNATIVE METHOD OF BIRTH CONTROL AVAILABLE AND SUITABLE. FOR THIS REASON, THE WOMEN'S CLINIC STAFF DOES NOT PRESCRIBE (OR GIVE INJECTIONS) FOR WOMEN TO BE ON DEPO-PROVERA LONGER THAN 2 YEARS.

WOMEN WHO USE DEPO-PROVERA CONTRACEPTIVE INJECTION MAY LOSE SIGNIFICANT BONE MINERAL DENSITY. THIS EFFECT WORSENS THE LONGER DEPO-PROVERA IS USED AND MAY REMAIN LONG AFTER THE INJECTIONS ARE STOPPED. IT IS UNCLEAR WHETHER THE BONE DENSITY LOSS ASSOCIATED WITH DEPO-PROVERA USE IS REVERSIBLE, AND IF SO HOW COMPLETELY.

IT IS UNKNOWN IF USE OF DEPO-PROVERA CONTRACEPTIVE INJECTION DURING ADOLESCENCE OR EARLY ADULTHOOD, A CRITICAL PERIOD OF BONE GROWTH, WILL REDUCE PEAK BONE MASS AND INCREASE THE RISK OF OSTEOPOROTIC FRACTURE IN LATER LIFE. WOMEN'S BONES ABSORB CALCIUM OPTIMALLY UNTIL AGE 30-35. AFTER THAT TIME MORE CALCIUM IS LOST THAN IS STORED. FOR THIS REASON, WOMEN NEED TO MAXIMIZE THE TIME THEIR BONES ARE ABLE TO ABSORB CALCIUM. WOMEN WHO DON'T MENSTRUATE REGULARLY DO NOT ABSORB CALCIUM AS EFFECTIVELY.

Please discuss any concerns you may have with your HEALTH care PROVIDER.

Depo Provera™

Injection Instruction Sheet

INSTRUCTIONS FOR FIRST INJECTION

1. Complete the "Women's Clinic Health Course"
2. Call 540/231-6569 during the first 5 days of your next menstrual cycle and make an appointment for your first **DEPO PROVERA™** injection.
3. Check in at the Women's Clinic for your appointment.
4. Be Prepared to provide a urine sample for a urine pregnancy test. A pregnancy test should be done before the first injection is given.
5. You will be sent to the pharmacy to pick up your medication.
6. A Women's Clinic nurse will give the injection.
7. Be prepared to sit in the waiting room for 20 minutes after the injection to be sure you don't have any adverse reactions to the injection. If you do not wait the required time, subsequent appointments for a Depo Provera™ injections will be denied.
8. A card will be provided as documentation of the injection and it will include the date your next injection is due.

INSTRUCTIONS FOR SUBSEQUENT INJECTIONS

1. Call 540/231-6569 to make an appointment as early as week 11 (since your last injection) but no later than week 12.
2. Check in at the Women's Clinic for your appointment
3. Be prepared to sit in the waiting room for 20 minutes after the injection to be sure you don't have any adverse reactions to the injection. If you do not wait the required time, subsequent appointments for Depo Provera™ injections will be denied.
4. A card will be provided as documentation of the injection and it will include the date your next injection is due.

INSTRUCTIONS FOR DEPO INJECTIONS IF THE PRESCRIPTION WAS PROVIDED FROM ANOTHER OFFICE

1. Complete the "Women's Clinic Health Course"
2. Have a copy of your last pap and documentation of the last injection date faxed to 540/231-6569. If you bring the fax number to the office from which you received your prescription, you may sign a release of information so it can be faxed to Schiffert Health Center.

What if 12 weeks have passed since my last injection and I have not yet made my next appointment?

- Don't have sex until your injection is given if you go past your due date.
- Use a back-up method of contraception if you do have sex.
- If you have had sex after the end of the 12th week, abstain for 10 days, and then make an appointment for a urine pregnancy test and Depo Provera™ Injection.
- If the pregnancy test is negative, the Depo Provera™ Injection may be given.
- A card will be provided as documentation of the injection and it will include the date your next injection is due.