

Remember, Depo does not protect you from Sexually Transmitted Infections or HIV. **Always use condoms to protect yourself!**



HOW DOES DEPO WORK?

- Depo contains a hormone like the ones your body makes. This hormone stops your ovaries from releasing eggs. Without an egg, you cannot get pregnant.
- No method of birth control works 100%. Depo is 94% effective.

HOW DO I USE DEPO?

- Give yourself a Depo shot in the belly or thigh.
- **Use condoms as back-up for 7 days** after your *first* shot of Depo.
- Get a shot every 3 months (every 13 weeks).
- You can store Depo at room temperature.

WHAT IF I AM LATE FOR THE NEXT SHOT?

- Depo works best if you get a new shot every 13 weeks.
- If your shot is more than 2 weeks late, take a pregnancy test. If the test is negative, take the next shot. Use condoms for the next 7 days. Repeat a pregnancy test in 2 weeks.

WHAT IF I AM LATE GETTING A SHOT AND HAD UNPROTECTED SEX?

- If your last shot was more than 15 weeks ago, take Emergency Contraception (EC) right after unprotected sex to prevent pregnancy. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.
- Contact your clinician if you have questions.

HOW DOES DEPO HELP ME?

- Depo is safe and effective. It prevents pregnancy for 3 months.
- The shot lowers your risk of cancer of the uterus.
- You can breastfeed while on Depo.

HOW WILL I FEEL ON DEPO?

- You may have spotting between periods. You may have weight gain, bloating, headaches, and/or mood changes. Talk to your clinician about treating side effects.
- After the first 2-3 shots, you may have *no period at all*. This is normal.
- Your bones may become slightly weaker while you take Depo. This is not risky. Bone strength returns to normal once you stop getting the shot.
- After you stop Depo, it takes a few months for your fertility to return to normal. This means that it may take a while for you to get pregnant (even if you're trying).
- If you don't want to get pregnant, use a new form of birth control after you stop Depo.

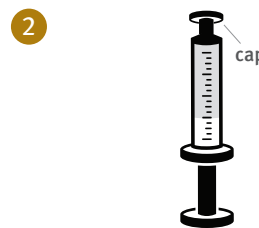
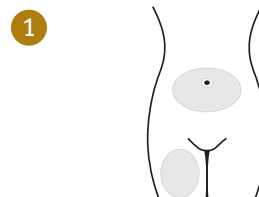
DOES DEPO HAVE RISKS?

- The shot is very safe. Severe problems are rare. If you have any of the symptoms below, call your clinician:
 - Severe headaches
 - Very heavy bleeding
- Your clinician can help you find out if these are signs of a severe problem.

continued on the other side →

HOW DO I INJECT DEPO?*Diagram 1*

- Gather your supplies: alcohol pad, Depo, and sharps container or empty plastic laundry soap jug.
- Wash your hands.
- Pick the injection site: either upper thigh or belly. Avoid your belly button and bony areas.
- Open the needle package and place needle on the syringe keeping the cap on.
- Wipe your skin with an alcohol pad and wait for the area to dry.



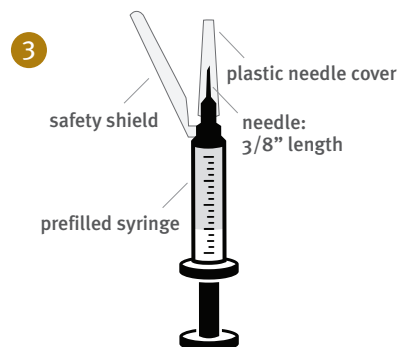
Prefilled syringe

Diagram 2

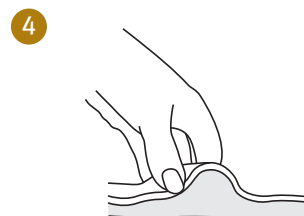
- Take the syringe out of the package and shake it for about one minute to mix it.
- Remove the cap from the tip of the syringe.

Diagram 3

- Attach the needle to the syringe.
- Move the safety shield away from the needle.
- Remove the plastic needle cover from the needle. Pull it straight off. (Do not twist it.)
- Hold the needle pointing up. Gently push the plunger until the medicine reaches the top.

*Diagram 4*

- Grab the skin around the injection site with your other hand.

*Diagram 5*

- Push the small needle all the way into this skin at about a 45-degree angle. This hurts a bit.
- Inject the Depo slowly, over 5-7 seconds. Push the plunger all the way in.
- Pull the syringe out. Push the safety shield back until it clicks. Dispose of the syringe in the sharps container.
- Apply pressure to the spot.

