

GENESIS OB/GYN, INC.

DEPO-PROVERA

Depo-Provera is an injectable progestin that is given every three months to prevent pregnancy. It works to prevent pregnancy by inhibiting ovarian hormones (LH), decreasing the activity of the fallopian tube, suppressing the growth of the uterine lining (endometrium), and increasing the thickness of the cervical mucous so that sperm cannot penetrate.

BENEFITS: Decreased menstrual flow, cramping, premenstrual and ovulation pain. Pregnancy rates are 0-1%. There is no increased risk for breast, cervical, ovarian, or endometrial cancer.

RISKS: The chief side effect is irregular menstrual periods. Other side effects may include slight weight gain, bloating, breast tenderness, depression, nausea and headaches.

Return to fertility may take up to one year after discontinuing the injections.

CONTRAINDICATIONS:

Not all women are candidates for Depo-Provera injections. Contraindications include a history of blood clots, abnormal genital bleeding, liver disease and a history of breast cancer. As with any birth control method you should weigh the risks and benefits and discuss these with our physician or nurse practitioner.

DOSAGE: 150 mg. Depo-Provera is injected intramuscularly every 12 weeks. The first injection is scheduled with the first 7 days after your menstrual period begins.

INSTRUCTIONS: Use an additional contraceptive method for two weeks after your first injection. Return to the office every three months for another injection or if you have any problems. If you just delivered a baby and get your shot at the post partum visit, you will not need another form of birth control when you start.

DEPO PROVERA; OBTAIN THE MEDICATION:

Depo-Provera is obtained from your physician's office or a pharmacy. If your insurance prefers you may buy your medication prior to your visit (every 12 weeks) and bring it to us to inject by the nurse practitioner or nurse.

Save your questions and minor complaints for the 3 month visit and write them down. We will attempt to relieve your worries at this time.

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