

# Injectable contraception

## Depo-Provera

You have this injection in your buttock. Sometimes you may have it in your upper arm. This is usually given every 3 months.

## When it starts to work

If you have the injection on day 1 of your period you will be protected from pregnancy straight away. If you start at any other time you will need to use condoms or abstain from sex for 7 days.

## Late Injection

If it has been more than 14 weeks since your last injection you are not covered for contraception. Use extra precautions or avoid sex.

## Other medications

The contraceptive injection is not affected by other medication.

## Side effects of the injection

Your bleeding pattern may change during the first year of using the injection. Your bleeding could be lighter, less painful, irregular or stop completely.

It can take up to 12 months after stopping the injection for your fertility to return.

You may put on weight when you use the contraceptive injection, particularly if you're under 18 years old and are overweight with a BMI (body mass index) of 30 or over.

### **Risks of using the injection**

There is a small risk of infection at the injection site.

The injection can cause reduction in bone mineral density which is reversed if you stop using the injection. This doesn't increase your risk of breaking a bone.

A small study suggests that the long-term use of contraceptive injections may be associated with an increased risk of intracranial meningiomas. Current advice on using the injection is unchanged and please talk with your healthcare professional for more information.

For more information, please contact Sexual Health West Sussex on 01903 285199 or visit our website on [www.sexualhealthwestsussex.nhs.uk](http://www.sexualhealthwestsussex.nhs.uk)