

Depo-Provera® Injection

Depo-Provera® is a form of long acting birth control, which is given every three months as an injection. It prevents pregnancy for 12 weeks. It consists of a progesterone hormone called medroxyprogesterone acetate (DPMA).

Depo-Provera® is injected in the arm or buttock. It works by inhibiting ovulation. It also causes a decrease in sperm transport and implantation by inducing changes in the endometrium and cervical mucus. Ideally, the injection is given within 5 days after the onset of your menstrual period. If it is given after the seventh day of the menstrual period, an additional form of contraception is recommended for at least a week.

How effective is it?

If used correctly, it has an effectiveness of 99.7%. However, Depo-Provera® does not protect against sexually transmitted illnesses, including HIV.

What are the advantages?

- Depo-Provera® is convenient. Only one injection is required every three months
- Decreased risk of endometrial cancer
- Useful for those women who cannot take estrogen. (Depo-Provera® doesn't contain estrogen.)
- Very few bad interactions with other medications

What are the most common side effects?

The most common side effect is a change in menstrual periods. Some women may have lighter periods while on Depo-Provera®. Others do not have any menstrual periods at all. Some individuals have unpredictable periods, spotting, or irregular bleeding.

Some women may experience an increase in acne, mood changes, mild weight gain, and headaches. Other less common side effects may include nausea, sore breasts, increased appetite, nervousness, dizziness, fatigue, vaginal dryness, and change in sex drive. A possible side effect of long term Depo-Provera® use is decreased bone density. Depo-Provera® may also cause HDL cholesterol (the "good" cholesterol) to decrease.

After stopping the Depo-Provera®, some patients experience difficulty conceiving. This is temporary, but may last for up to 18 months.

Some women temporarily do not have menstrual periods for several months after stopping the Depo-Provera®.

Depo-Provera®] should not be administered to a pregnant woman, therefore, if there is any remote possibility of pregnancy, we recommend a pregnancy test before giving the injection. If you are late for your injection, we recommend that you use a back-up form of contraception. A pregnancy test is also recommended if you are late for your injection.

Who should not get Depo-Provera®?

Women who

- have a history of breast cancer
- currently have breast cancer
- are pregnant
- have undiagnosed vaginal bleeding
- have active thrombophlebitis or a history of blood clots
- have hypersensitivity or allergy to medroxyprogesterone
- have a history of liver disease

How much does it cost?

At the Student Health and Wellness Center, each injection is \$50.00.*

If you have the Johns Hopkins University Student Health Insurance Plan (sponsored by The Chickering Group), the cost is \$8.00 per injection. You must present your Johns Hopkins University Student Health Insurance card in order to receive this lower fee.

* Prices subject to change.

For more information, please visit www.depo-provera.com