Depo-Provera® is a hormonal substance that prevents ovulation from occurring. Injected intramuscularly every 3 months into the muscle of the upper arm or buttocks.

**How it works:**
The hormones in the injection suppress ovulation (egg production) for 3 months.

**How Effective Is It?**
Failure rate is less than one pregnancy per 100 women per year when women return for injections every 3 months and when injection is done in the first 3 days of menses (bleeding).

**Why Choose This Method?**
- Consider use of other methods and whether their side effects make you prefer this method
- Desire for long-term contraceptive—3 month effect
- Desire for reversible method—reversible by stopping injections
- Desire for method disconnected from intercourse—nothing to take or put in

**Why You Might Not Be a Candidate**
- Known or suspected pregnancy
- Undiagnosed vaginal bleeding
- Known or suspected breast cancer
- Active thrombophlebitis (blood clots) or current or past history of clot disorders in legs, lungs, or eyes; or a stroke
- Liver dysfunction or disease (hepatitis B)
- Known sensitivity to Depo-Provera® or any of its ingredients (have you every had an allergic reaction to local anesthetic at the dentist?)

**Relative Contraindications: Have You Any of the Following?**

<table>
<thead>
<tr>
<th>Breast Cancer</th>
<th>Asthma</th>
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</thead>
<tbody>
<tr>
<td>Abnormal mammogram</td>
<td>Epilepsy or seizures; are you taking seizure medication?</td>
</tr>
<tr>
<td>Fibrocystic breast disease</td>
<td>Diabetes or family history of diabetes</td>
</tr>
<tr>
<td>Breast nodules or lumps</td>
<td>Depression requiring hospitalization and/or medication</td>
</tr>
<tr>
<td>Bleeding from nipples</td>
<td>Osteoporosis (brittle bones)</td>
</tr>
<tr>
<td>Kidney disease</td>
<td>Do you regularly use any prescription drugs—we need to check possible interactions with Depo-Provera®?</td>
</tr>
<tr>
<td>High blood pressure, heart disease or stroke</td>
<td></td>
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<tr>
<td>Recent history of liver disease such as hepatitis A, mono</td>
<td></td>
</tr>
<tr>
<td>Migraine headaches</td>
<td></td>
</tr>
</tbody>
</table>

**Side Effects You Might Experience**

| Weight gain—average is 5 pounds; change in appetite | Dizziness |
| Menstrual irregularity—possibly no periods by second or third shot | Depression, nervousness |
| Headaches | Nausea |
| Abdominal bloating | No hair growth or loss or thinning of hair |
| Breast tenderness | Skin rash or increased acne |
| Tiredness, weakness | Increased or decreased sex drive |
**Explanation of Methods and Assessment**

Depo-Provera® is injected intramuscularly in one 150-milligram dose every 3 months (12 weeks) for as long as contraceptive effect is desired. It is given in the **first three days** of the menstrual cycle (after onset of menses), within 5 days postpartum, or if breast feeding, at 6 weeks postpartum.

If time between injections is greater than 14 weeks, we would do pregnancy test before giving you the injection; we may also do a pregnancy test at 12 weeks if you have no bleeding (period).

**Use of This Methods and Warning Signs**

Drug interactions are possible when using Depo-Provera® with other prescription drugs. **Always check with your physician or nurse practitioner and pharmacist for such possible interactions before taking any other prescription drug; Depo-Provera is a medication and you need to list it in your health history.**

**Warning signs to report to your health care provider (physician or nurse practitioner);**

- Sharp chest pain, coughing of blood, sudden shortness of breath
- Sudden severe headache, vomiting, dizziness, or fainting
- Visual disturbance (double vision, blurred vision, spots before your eyes or speech disturbance (slurred, unable to speak)
- Weakness or numbness in arm or leg
- Severe pain or swelling in calf or leg
- Unusually heavy vaginal bleeding (unlike usual periods)
- Severe pain or tenderness in lower abdomen, pelvis
- Persistent pain, pus, or bleeding at injection site

**Follow-up care of Yourself**

- Visit your health care provider every 3 months (12 weeks) for injection
- The visit should take place during first 3 days of menstrual cycle (or at 12 weeks from last shot if no period [menses])
- Review any side effects, danger signs with health care provider
- Review your menstrual cycles with health care provider
- Have a Pap smear every year along with a complete physical examination including pelvic and breast examinations
- Depo-Provera® provides no protection against sexually transmitted diseases (including AIDS) or vaginal infections, so consider using condoms if you are concerned about protecting yourself.

I have read the above and have been given a copy of this consent form and the manufacturer’s information and agree to have Depo-Provera®. I agree to pay prior to the injection. If it is over 91 days since my last injection, I agree to take 2 pregnancy tests 1 week apart. I agree that I am responsible for the additional cost.

Signed ______________________________________  Date _____________________
Witness _____________________________________  Date _____________________

Tarleton State University Student Health Services 12/20/01