Call the clinic if you have:
- Heavy vaginal bleeding that lasts longer than a normal period
- Any symptoms of pregnancy other than a missed period
- Severe lower abdominal pain
- Rash or hives after shot is given
- Signs of infection at injection site

If you want to stop using the shot, do not like the side effects, or you want to become pregnant you will have to wait for the effects of the shot to wear off. Please call the clinic to discuss.

If you want to change to a different form of birth control, start the new method before the next shot is due.

**Birth Control Reminder App**
- Flo: Health and Period Tracker (Spanish version available on Apple devices)
- Bedsider
- Depo Calendar

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**Sexual Health Program**

- **Westminster Office**
  1401 W 122nd Ave., Westminster, CO 80234
  303-255-6222

- **North Broadway Office**
  7000 North Broadway #400, Denver, CO 80221
  303-439-5980

For after-hour emergencies, go to urgent care, the nearest hospital or call 911.

Adams county services are provided without regard to age, race, gender, sexual orientation, color, religion, national origin, disability, veteran status or any other status protected by state law.

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**Sexual Health Appointment Line**
303-363-3018
If you have any questions or concerns, please call the clinic

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https://adamscountyhealthdepartment.org/
sexual-health
303-363-3018
What is Depo-Provera?
- Depo Provera (DMPA) is a birth control given by a shot (injection).
- The shot contains the hormone progesterone.
- The shot protects against pregnancy by stopping the ovaries from releasing an egg.
- When the shot is given within 5 days of the start of a period, it is effective right away.
- When it is not given within the first 5 days of a period, a backup method, such as condoms, must be used for the following 7 days.

How effective is the shot?
With perfect use (getting all shots on time), Depo is 99% effective.

With typical use (average) Depo is about 95% effective.

Intramuscular (IM) Depo (in the muscle of the arm or hip) given between 11 and 15 weeks.

Subcutaneous (subQ) Depo (just under the skin of the stomach or thigh) given between 12 and 14 weeks.
- Because there is a slight difference in how long you can go between shots with IM vs subQ, it is important to know which type you are using and stay consistent.
- Neither form of Depo provides protection from sexually transmitted infections, including HIV.

Possible side effects of the shot
- Irregular vaginal bleeding/spotting
- No vaginal bleeding
- Increased appetite (leading to weight gain in some patients)
- Headaches
- Stomach discomfort
- Depression
- Delay in return to fertility (up to 18 months) after stopping Depo
- Allergic reaction
- A decrease in the amount of calcium getting into bones

Healthy strong bones need:
- Weight-bearing exercise
  - Walking/running
  - Jumping/skipping
  - Dancing
  - Hiking
- Stop smoking
- Decreased alcohol use
- Good Sources of calcium
  - Milk
  - Fortified soy milk
  - Fortified orange juice
  - Yogurt
  - Cheese
  - Fish and shellfish
  - Dark green leafy vegetables

The Shot and Bone Health
Calcium is an important mineral in bone health and is generally added to the bones during the teenage years. Depo may cause a decrease in the amount of calcium getting into your bones, which is more concerning if you are a teen. Originally it was thought that Depo could lead to the weakening of bones with long term use. More recent research has shown that after a person stops using Depo Provera, changes in bone density that may have occurred are reversed. Although Depo doesn’t cause long term effects, taking steps to keep bones healthy is important for all individuals.

Which type of Depo is right for me?
Although the hormone is the same in both types of Depo, with the subQ Depo you have the option to give yourself the shot every 12-14 weeks instead of returning to clinic. Some patients also report less pain with the subQ Depo versus the IM option. Both the IM and subQ Depo can be given in clinic but only the subQ Depo is able to be given at home.

After the shot you may notice a small amount of blood, pain/tenderness, a lump or dimpling at the site of injection, these should go away on their own.

https://adamscountyhealthdepartment.org/sexual-health