



PATIENT INFORMATION LEAFLET: The contraceptive injection – Depo-provera or Noristerat

The contraceptive injection is over 99% effective (less than 1 in 100 women using the injection would get pregnant in a year)

The injection contains a progesterone hormone. It is injected by a doctor or nurse into a muscle - usually in your bottom, or sometimes into your arm or leg.

The Depo-Provera injection is given every 12 weeks. An alternative (Noristerat) is given every 8 weeks

WHAT ARE THE PROS & CONS?

| ADVANTANGES | DISADVANTAGES |
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| Very effective form of contraception | You may experience irregular bleeding which may continue for some months after stopping the injection; may cause heavier / prolonged periods |
| Can be used whilst breast feeding, and as soon as 21 days post-natally | May cause weight gain and hormonal symptoms such as headaches, acne, mood changes, breast tenderness |
| Does not interact with other medications | Periods & fertility may take a few months (up to 1 year) to return after stopping using the injection |
| May reduce heavy painful periods; periods may stop | May cause bone thinning especially in certain groups of people |

WHEN CAN THE INJECTION BE GIVEN?

- The contraceptive injection can be given at ANY point in your menstrual cycle providing you are certain you are not pregnant. A pregnancy test can be relied upon if it is negative 3 weeks after unprotected intercourse
- If the injection is given during the first 5 days of your period it is effective immediately; if given on any other day of your cycle then you would need to use another mode of contraception (e.g. condoms) for the first 7 days after the injection is given
- After childbirth the injection can be given as soon as 3 weeks after childbirth

HOW TO PROCEED:

If this is your first injection, please contact Peartree Surgery on 01707 329292 and request a specific ‘contraception injection initial telephone appointment’. You will then be given a telephone appointment with one of doctors or nurse practitioner.

We can arrange to send you a text message reminder to inform you when the next injection is due – please ask the Nurse or Doctor if you would like us to do this.