

Depo Provera

By Dr. March

DEPO PROVERA INJECTIBLE CONTRACEPTION

Medroxyprogesterone Acetate Injection (DEPO-PROVERA)

Depo Provera is a long-acting progestin given every 12 weeks as a single 150-mg intramuscular (IM) dose. Depo Provera is a very effective contraceptive, acting much like oral contraceptives, but with less chance for failure on the part of the user. This contraceptive method has many benefits, including effective pregnancy prevention, convenience (requires no daily drug regimen, no need for planning before intercourse), lack of estrogen-related side effects, and protection against endometrial cancer and iron deficiency anemia. Some of the side effects can include: irregular bleeding cycles, possible weight gain, headache, bloating, and mood changes. Depo Provera is a fully reversible method of contraception, however, when it is stopped, it often takes several months until fertility returns. There exists a possible risk of a reversible osteopenia.

Depo Provera may be safely recommended for women who have chronic illnesses (ie, seizures, sickle cell disease, some forms of hypertension), are lactating and nursing, or are at risk for complications with estrogen. Depo Provera injection is the best type of contraception for women who do not remember to take daily medication. Condoms must be used in conjunction with Depo Provera for protection from STDs.

Ask your physician about any questions you may have about Depo Provera and if it is a viable option for you.