



**Metropolitan
Pediatrics, L.L.C.**
www.metropediatrics.com

DEPO-PROVERA

You are making a good choice in protecting yourself against an unplanned pregnancy. However, no birth control method is 100% effective except abstinence –that is, not having sexual relations. Depo-Provera also does not protect you against getting a sexually transmitted disease – you should ALWAYS use condoms, and limit your number of sexual partners to increase your protection.

The injectable birth control method you have chosen is called Depo-Provera. You may start your injections with your next menstrual period, anytime during the first 5 days from the day your period starts. Please call ahead for an appointment for your injection. Remember to come in every 3 months for your next injection to maintain protection. Your injection order is valid for 1 year, when you will be due for your next pap smear.

Expect your periods to change while you're on Depo-Provera. Most women find their periods actually stop altogether after they've had 1, 2, or 3 injections – it's as if your uterus and ovaries are taking a nap as long as you're on the injections. Some women find they have irregular, unpredictable spotting or bleeding, even every day. This may eventually stop as long as you keep getting the injections, but if the bleeding is heavy or continuous, call our office – we may want to see you and check things out.

CALL OUR OFFICE:

During Regular Office Hours if:

- Bleeding is heavy or continuous

