

Contraceptive Injection



What is a contraceptive injection?



This is a way of making sure that you don't get pregnant (contraception).

The contraception is a liquid given to you by an injection.



It is a very safe form of contraception that works well.



There are 2 types of injection:



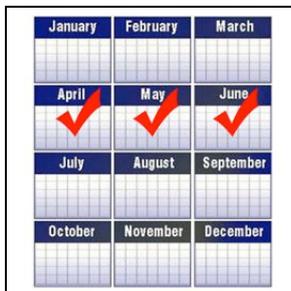
- A medicine called Depo-Provera will stop you getting pregnant for 12 weeks.



- A medicine called Noristerat will stop you getting pregnant for 8 weeks.



How well does a contraceptive injection work?



The contraceptive injection works well because it lasts for a long time (8 – 12 weeks).

Once you have had your injection, you do not need to do anything until your next injection.



The injection works 99% of the time which is very good. (100% is when it works all the time).



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.



How do contraceptive injections work?



The contraceptive stops your body making the egg (a cell).

It is the egg that is needed for making a baby.



- The contraceptive stops sperm (from the man) reaching the egg.



Where can I get the injection?



Only a doctor or nurse can give you the injection.

You can go to:



- Your usual doctor's surgery.



- A contraception or sexual health clinic.



The contraceptive injection is free.



It is also confidential (private).



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How is the injection given?



The injection is given to you into a muscle, usually in your bottom.



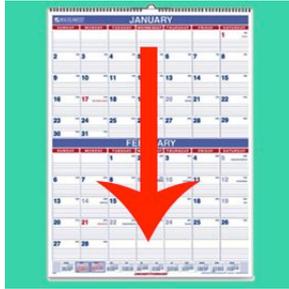
Depo-Provera can also sometimes be given in the arm.



Noristerat is thicker, so you may find the injection is a little more painful when it is given.



Depo-Provera is given every 12 weeks.



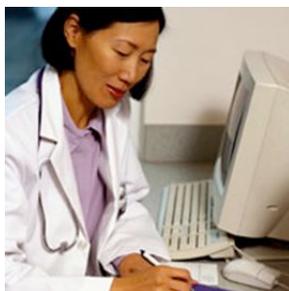
Noristerat is given every 8 weeks.



Can anyone use a contraceptive injection?



Most women can have a contraceptive injection.



Your doctor or nurse will ask you about your health.

They will also ask about your family's health in the past.



You should tell them about any illness or operations you have had.



Reasons you may not be able to have the contraceptive injection:



- If you think you are already pregnant.



- If you do not want your periods to change.



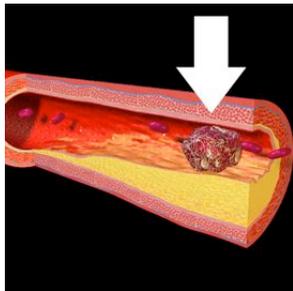
- If you want a baby within the next year.



- If you have had breast cancer.



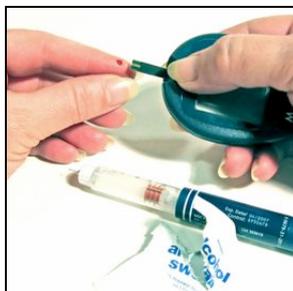
- If you have vaginal bleeding and you don't know why this happens (for example, bleeding between periods or after sex).



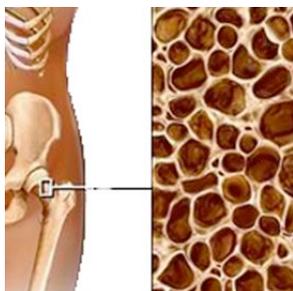
- If you have thrombosis (blood clots) in any vein or artery.



- If you have heart disease or have had a stroke in the past.



- If you have diabetes (your doctor will need more details about this).



- If there is a risk that you are likely to have or get osteoporosis (fragile bones).



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The good parts of having the contraceptive injection are that:



- You don't have to think about contraception for as long as the injection lasts.



- It doesn't interrupt sex.



- You can use it if you are breastfeeding.



- Depo-Provera and Noristerat are not affected by most other medicines.



- It may reduce heavy painful periods and symptoms for some women.



- It may protect you against cancer of the uterus (where the baby grows).



- It is a good method if you cannot use the contraceptive pill.

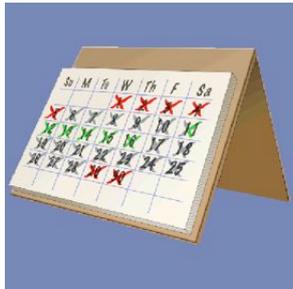


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What are the bad parts of having the contraceptive injection?



- You may not like how your periods change.



- Bleeding may carry on for a while after you stop the injections.



- Women may put on weight when they use Depo-Provera.



- The injection works for 8 or 12 weeks. It cannot be taken out of your body during that time.
- So if you have any bad symptoms, they could last 8-12 weeks as well.



- It may take a while for you to be able to have a baby after you stop having Depo-Provera injections.



- Contraceptive injections do not stop you getting sexually transmitted infections.
- These are infections you can catch from a partner during sex.



Are there any risks?



- Using Depo-Provera may thin your bones.
- This is a problem for women who are already at risk of osteoporosis (a disease of your bones).
- If so, it may be better for you to use another form of contraception.



- Women under 18 years old can use Depo-Provera too.
- They must talk to the doctor first.
- This is because the bones of young women under 18 are still growing.



- Doctors are not yet sure whether it can increase the chance of breast cancer.
- People have different ideas about this.



- You can have an allergic reaction to the injection, but this is rare.



- As with any injection, there is a tiny chance of a small infection at the site of the injection, but this is also rare.



Will the injection affect my periods?



- In some women, their periods will stop completely.



- Some women will have irregular periods or spotting (bleeding between periods).



- Some women will have periods that last longer and are heavier.



Will my weight be affected by the injection?



If you have Depo-Provera injections, you may put on up to 3kg over 2 years.



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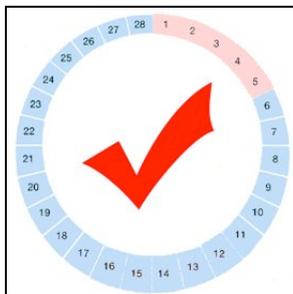
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When can I start using a contraceptive injection?



You can start the injection any time, as long as you are not pregnant.



If you start on day 1-5 of your period, you will be protected against pregnancy straight away.



If you have the injection on any other day, it will take a week (7 days) before you are protected.



You could get pregnant during this time so you may want to use a condom as well.



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I've just had a baby. Can I use the injection?

Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Sonntag
	➔	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	✓
20	21	22	23	24	25	26
27	28	29	30	31		

You can start having injections again after 3 weeks (21 days). But you will need to use another form of contraception such as a condom, for the first 7 days.



The injection can be used safely while you are breastfeeding and your breast milk will be safe for your baby.



Can I use the injection after a miscarriage or abortion?



Yes, you can start straight away and it will work straight away.



Can anything make the injection not work properly?



It does not matter if you are sick or if you have diarrhoea.



It does not matter if you are taking most other medicines.



It is important to go at the right time for your next injection:



- Every 12 weeks for Depo-Provera.



- Or every 8 weeks for Noristerat.



If you miss an injection you may get pregnant.



Will I be able to choose which injection I use?



Most people are offered Depo-Provera.



Noristerat is usually only used for short amounts of time.



Your doctor or nurse will talk with you about which will work best for you.



What should I do if I think that I am pregnant?



If you think that you might be pregnant, then do a pregnancy test or speak to your doctor or nurse as soon as possible.



If you do get pregnant, there is no proof that it will hurt the baby.



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How long can I use the injection for?



Most people can use Depo-Provera until they are 50 years old.



Your doctor or nurse may check you for osteoporosis every 2 years.

If you are at risk, you may need to try a different sort of contraception.



What if I want to stop using the injection or try to get pregnant?



All you need to do is not have your next injection.



Your periods may take a while to return after you stop using the injection.



If I have to go into hospital for an operation should I stop using the injection?



No.

But, you should tell the doctor that you are using the contraceptive injection.



How often do I need to see a doctor or nurse?



You only need to go to the clinic or your doctor's surgery when your injection is due.



If you have **any** problems, you should speak to your doctor or nurse when you need to.



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The Foundation for People with Learning Disabilities paid for this leaflet to be made.



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