



## **Medroxyprogesterone (Depo-Provera<sup>®</sup>) Treatment**

Medroxyprogesterone (Depo-Provera<sup>®</sup>) a form of progesterone given by injection into a muscle for the prevention of pregnancy.

### **Allergies**

- Tell your health care provider if you have an allergy to Provera<sup>®</sup> or medroxyprogesterone acetate (generic forms).

### **Pregnancy/Breastfeeding**

- Medroxyprogesterone should not be used in pregnancy and it is safe to breastfeed.
- Be certain you are not pregnant before your first dose
- Initiate during the first 5 days of normal menstrual cycle, at six weeks postpartum in women who breast feed or within 5 days post partum in women who do not breastfeed.

### **CAUTION**

- **You cannot take the following medication with Depo-Provera<sup>®</sup>:**
  - Aminoglutethimide (Cytadren<sup>®</sup>)
- When used as a long-term contraceptive (> 2 years), increased loss of bone mineral density (BMD) may result with increasing duration of therapy. Evaluate bone mineral density periodically, and ensure your have adequate calcium and vitamin D intake.
- Avoid smoking because of the increased risk of heart attacks.
- **Tell your doctor if you are taking Rifampin (Rifadin<sup>®</sup>).**

### **Side Effects**

- You may get menstrual irregularities (amenorrhea, infrequent bleeding), abdominal pain, weight changes, dizziness, headache, breast tenderness or nervousness.

### **Care of Yourself Following Treatment**

- Please wait in the clinic 20 minutes after your treatment.
- If your have any reaction following treatment (for example: rash, itchiness, difficulty breathing), please inform a staff member immediately. If these symptoms occur after leaving the clinic please go to the nearest emergency.

### **Storage Instructions**

- Store at room temperature between 15-30°C.
- Protect from light, heat, and moisture.
- All oral medications should be used on or before the printed expiry date.
- Keep away from the reach of children.

## Medroxyprogesterone (Depo-Provera<sup>®</sup>) Treatmentn (cont'd)

### Special Instructions

- If you are switching from another hormonal form of birth control (oral tablets, ring, or patch), start 7 days after the last hormonal form (oral tablet, ring or patch). It is important that each injection is given exactly at 3 month intervals.
- Medroxyprogesterone does not protect against HIV or other sexually transmitted diseases.
- If the initial dose is administered within the first 5 days of normal menstrual cycle, it is effective from the day of injection. If the dose is given later on in the cycle, it may not be effective for 3-4 weeks. Another method of birth control (non-hormonal i.e. condom, diaphragm) should be used during this time.

If you have any questions or need further information, please contact your doctor, local health unit, or see contact information below.