



جامعة الإمام عبد الرحمن بن فيصل  
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# Intramuscular needles

## What is depo provera ?

It is a progesterone derivative hormone. It is an intramuscular injection every 3 months. It is used for contraception. It suppresses the ovulation and increases the thickness of cervical mucus to keep the sperm away from the ovum.

### Recommendation before use:

Pregnancy test:

First: you should do a pregnancy test, if the pregnancy test is negative, then it is allowed to receive the depo provera. It is preferred to be injected in the first 7 days of the period, first 5 days post-partum or during lactating.

If the duration time between the injection exceeds 13 weeks, then a new HCG test should be done.

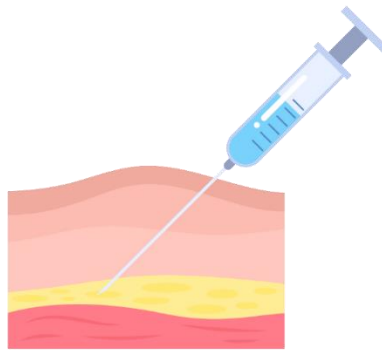
## What are the cases can health provider prescribe depo provera?

- Who does not wish for daily use contraception
- Poor compliance
- Cases should avoid estrogen hormone.
- Any medical problems like sickle cell, disease, epilepsy, endometriosis or uterine fibroids



# What are the benefits from depo provera Injection?

- Does not require daily action.
- Eliminate the need to interrupt the intercourse.
- Reduce menstrual pain.
- Reduce menstrual flow and may lead to stop the bleeding.
- Protect against endometrial cancer.



# What are the side effects of depo provera injection?

Depression.

Irregular cycle or  
Prolong cycle.

Decrease libido



## When to consider depo Provera injection not suitable?

- Abnormal uterine bleeding.
- Breast cancer.
- Liver disease.
- Allergic reaction.
- High risk for osteoporosis.
- History of depression.
- History of heart attack or stroke.



## General information:

In one year of ideal use an estimated around 1 in 100 of women who use depo provera injection get pregnant.

### Delay ovulation:

After the stop of depo provera injection, it approximately need 10 months or more before resume ovulation again

If you plan to get pregnant next year, then depo provera injection is not suitable contraception choice.

It may affect bone mineral density.



Sources and references:

[/https://www.canva.com](https://www.canva.com)

review and audit:

This booklet was reviewed by obstetricians and gynecologists consultants  
at King Fahad University Hospital



# Obstetrics and gynecology Department

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## Health Awareness Unit

IAU-23-504



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