

Stopping the contraceptive injection

The contraceptive injection cannot be reversed once it is given.

When you stop using the contraceptive injection it can take a while for your periods to return to normal, usually about 6-9 months. This means that it can take several months to fall pregnant.

Other types of contraception let your fertility return to normal more quickly. If you want to get pregnant in the next 12 to 18 months it may be better to use a different form of contraception in the meantime.

For further information please call:
ph: (08) 89480144
or
visit www.fpwnt.com.au

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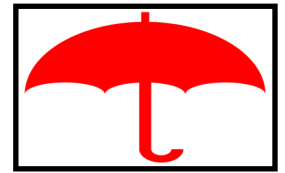
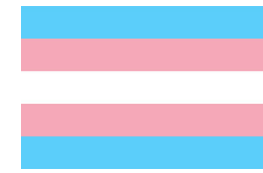
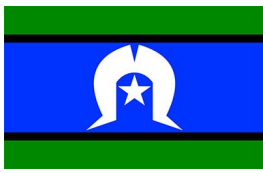
The Contraceptive Injection

Depo-Provera/Depo-Ralovera



MISSION STATEMENT

Family Planning Welfare Association of NT Inc will advocate for and provide enhanced reproductive and sexual health and well being to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services.



What is the contraceptive injection?

The contraceptive injection is a hormone injection that prevents pregnancy. The injection works for 12 weeks. The injection contains DMPA (depo medroxyprogesterone acetate), a hormone similar to progesterone. Progesterone is made naturally in the body by the ovaries.

In Australia the contraceptive injections available are called Depo-Provera and Depo-Ralovera.

How does the contraceptive injection work?

- It stops the ovaries releasing an egg
- It thickens the mucus at the entrance to the uterus, so that sperm cannot get through to fertilise the egg
- It changes the lining of the uterus so that a fertilised egg will not grow

How well does it work?

The contraceptive injection is very effective at preventing pregnancy. It is 99.8% effective if you have an injection at the correct time every 12 weeks but in real life or in "typical" use it can be lower (96%).

Advantages of contraceptive injections

- It is very effective
- It causes bleeding to become much lighter, and sometimes it stops altogether
- You do not have to remember to take daily
- It can be used to control period pain and/or symptoms of endometriosis
- It can be used by people who are unable to take contraception containing oestrogen
- It can't be detected by other people

Disadvantages of contraceptive injections

- It does not protect against sexually transmitted infections (STIs)
- It cannot be immediately reversed
- When you stop taking it, it can sometimes take up to 18 months for fertility to return
- It can cause irregular bleeding or spotting from the vagina, especially for the first few months
- It can be associated with weight gain. On average, people gain 2kg but a small number of people gain more weight
- It can decrease bone density (although this is reversible when you stop having it)
- You can get hormonal side effects like:
 - ~Bloating
 - ~Headaches
 - ~Mood changes
 - ~Acne
 - ~Lowered interest in sex

Where can I get the contraceptive injection?

Family Planning NT have doctors and nurses who can give the injection during an appointment. We have stock of the injection at our clinics. Most GPs will also be able to give it, but you may need to pick up the injection from a pharmacy and go back to have it injected.

How is the contraceptive injection given?

- The injection is given in the muscle of your arm or buttock.
- The best time to have the injection is during the first 5 days of your period – this will protect you from pregnancy straight away.
- You can get the injection later in your cycle but it will take 7 days to work. You will need to use another form of contraception like condoms or not have sex for 7 days to protect yourself against pregnancy.

It is important to have the injection every 12 weeks. If it is more than 14 weeks since your last injection, your doctor or nurse will talk to you about when to get your next injection.