

Advantages

- Convenient - injection every 3 months and no need to remember a pill every day
- Highly effective if you have your injection every 12 weeks +/- 14 days
- Makes periods lighter and often stops them altogether
- Safe to use while breastfeeding

Disadvantages

- Does not protect against STIs
- Return to fertility can take time - up to 18 months
- Can cause irregular bleeding for the first few months
- Decrease in bone density while using it (returns to normal after)
- Can cause weight gain
- Can cause hormonal side effects like bloating or mood changes

Everyone is different - if you're thinking about this method, please chat to a doctor or nurse at family planning about whether its suitable for you

Our mission statement

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



Get in touch with us!

www.fpwnt.com.au

Darwin Clinic - Unit 2, The Clock Tower,
Dick Ward Drive Coconut Grove

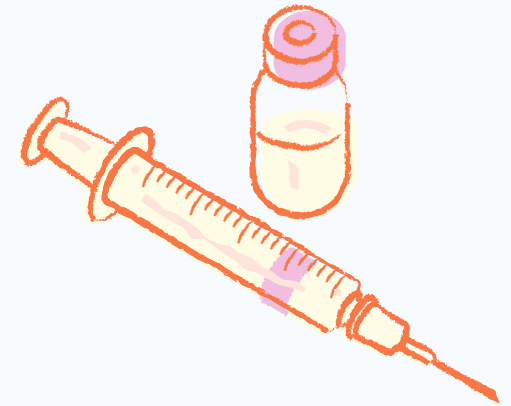
Palmerston Clinic - Palmerston Health Precinct Complex,
3 Gurd Street Farrar NT 0830

08 8948 0144

Family Planning
Welfare Association of NT Inc.

The Contraceptive Injection

(Depo-Provera/Depo-Ralovera)



An injection in your arm every 12 weeks to prevent pregnancy

99.8% effective

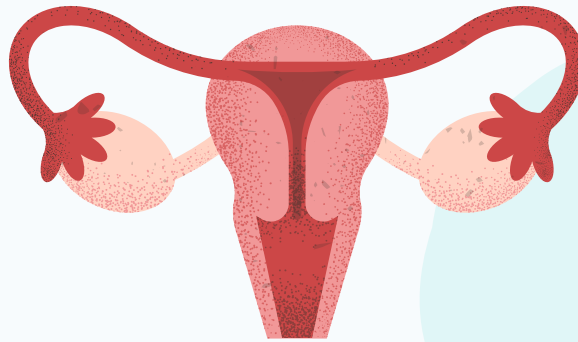
How does it work?

Stops ovulation and thickens the mucus at the cervix so that sperm cannot pass through easily. It also changes the lining of the uterus so that a fertilised egg will not grow

When will it start working?

If you have your first injection within the first 5 days of your period it will be effective straight away.

If you have your injection after the first 5 days of your period it will take 7 days to become effective and you will need to use condoms during this time.



How can I get it?

A doctor or a nurse can give the injection.

While on the injection, you should have a yearly doctor review.

So you don't miss your dose, calculate and book your next appointment .

Who shouldn't have the contraceptive injection

- If you are planning pregnancy in the near future
- If you have:
 - Current or past breast cancer
 - Unexplained vaginal bleeding
 - Risk factors for heart disease eg. smoking, heart attack or stroke

