

PROGESTIN-ONLY SHOT



How do I use the shot?

- The shot can be given in the clinic or self-administered at home.
- You will need to get a shot every 13-15 weeks.
- A calcium supplement may be needed while using the shot.
- Use a backup method for 7 days when you first start using it.

Clinic

- The shot goes in your muscle (arm, thigh, or bottom). Get your first shot before leaving the clinic.

Home

- The shot goes under the skin (arm, stomach, or bottom). Make sure you get information from your clinic about how to give the shot at home.

Signs of infection at shot site:

- Pus
- Prolonged pain
- Redness, itching or bleeding

What if I am late getting my shot?

Your chance of getting pregnant goes up if you are late for your shot or if you miss a shot.

If it has been more than 15 weeks since your last shot:

- Make an appointment with the clinic or self-administer as soon as you can.
- Use a backup method for 7 days after you get the shot.
- Use a backup method or emergency contraception if you have unprotected sex.

Common benefits & side effects

Most people do not experience side effects, while others may. All possible side effects are not listed.

- Lighter or irregular bleeding
- Breast tenderness
- Mood changes
- Decreased sex drive

Warning Signs: ACHES

If you have any of these symptoms, call your clinic as soon as possible.



**Abdominal
Pain**



**Chest
Pain**



**Headache-
Severe**



**Eye
Problems**



**Swelling
in legs**

PROGESTIN-ONLY SHOT

prevents pregnancy by:



Stopping the egg from being released



Changing the uterine lining



Thickening the cervical mucous to stop sperm



The shot is made up of a hormone that is similar to one made by your body.



The chance of getting pregnant is low when using the shot. 4 out of 100 people will get pregnant each year with typical use.



When you stop using the shot, your chance of getting pregnant will be the same as it was before using the shot. However, it may take up to one year to return to your normal.



Some medications can decrease how well your birth control works. Talk to your provider about medications you take.



The shot does not protect against STIs or HIV. Always use a condom for protection.

RETURN TO CLINIC:

- For your next shot every 13-15 weeks
- For yearly check-ups
- If you want to change your method
- If you are concerned about side effects

NOTES: