**Queens Road Medical Practice – Depoprovera Injection**

You have been given this information sheet and consent form because you are considering having the contraceptive injection (Depoprovera). If you have any questions at all, please discuss these with the doctor or their PA. The injection can be given by a nurse or a doctor at Queens Road or Le Longfrie Surgery.

The contraceptive injection is an effective reversible method of contraception. It contains a form of the hormone progesterone. As with any invasive procedure, there are risks involved which you need to be aware of before you decide to go ahead, and information which is important for you to understand.

**Advantages:**

* The injection lasts for 12 weeks before its contraceptive effect wears off.
* You do not need to remember to take pills or change patches, and it is effective even if you need antibiotics, are on other medication or have diarrhoea or vomiting.
* If you decide you wish to become pregnant, the injections can be stopped and fertility will return to normal (although this may be delayed by up to 12 months).
* It is suitable for use by the majority of women up until the age of 50.
* There is no current evidence to link the injection with headaches, mood changes, or reduced libido.

**Timing:**

* The best time to have the injection is day 1-5 of your menstrual cycle (i.e. the day you start your period and up to four days afterwards). This ensures that the contraceptive protection begins immediately.
* Occasionally, if it is administered after 5 days from the start of your last period, a negative pregnancy test must be demonstrated unless you have not had unprotected sexual intercourse since your last normal period. You will need to use additional contraception (such as condoms) for 7 days after the injection is given.

**Points to remember:**

* Please obtain your injection from the pharmacy with your prescription before your appointment and bring it with you.
* The charge for giving the injection will be a doctor or nurse consultation charge plus a fee for administering the injection. The Doctor or Nurse will discuss the cost of the injection with you.

**Risks and disadvantages:**

* The procedure itself can be uncomfortable. The discomfort doesn’t last long, usually only a few seconds as the injection is given. This will settle over time and can be eased with Paracetamol or Ibuprofen.
* Studies have shown that the injection can lead to weight gain. We will therefore monitor your weight for any changes each time we see you.
* The injection can lead to a small decrease in bone mineral density over time, which is most marked in women over the age of 40. This will recover after stopping the injection.
* There may be a delay of up to 12 months in the return of fertility after stopping the contraceptive injection.
* It is common to have irregular spotting or bleeding from the vagina for a while after the injection is given, but usually this settles down within a few weeks. It is worth persevering as the bleeding is usually lighter than a period and reduces with time. 30% of women tend to have irregular bleeding, whilst 70% of women stop having periods altogether.
* Once the injection has been given, it cannot be removed from the body. Unfortunately, you will have to wait for the effects of the hormone to wear off over at least the next 12 weeks. Rarely, you can develop redness or signs of infection at the injection site. If this occurs, see your doctor soon for treatment.
* It is important to attend for the next injection 12 weeks (and no longer than 14 weeks) after the last injection was given. This is to ensure the contraceptive effect is maintained. If you attend for the injection more than 14 weeks after the last one, there is a change you could have become pregnant and a pregnancy test will need to be checked before the next injection is given. You will also need to use condoms for 7 days after the injection is given.
* It is extremely unlikely that you would become pregnant following the contraceptive injection. However, you must tell your doctor if you suspect you may be pregnant after the injection has been given.

**If you are happy that you understand the procedure and have no further questions, please sign this form in the space provided below and bring it with you to your appointment.**

Name:................................................................................................. Date of Birth:.......................................

I fully understand the information given above and overleaf and accept the risks as explained. I consent to having the contraceptive injection.

Signed:..................................................................................................Date:....................................................

**For use by doctor:**

Device B/N:............................................................................................Expiry:.................................................

Date inserted:.........................................................................................Date due for change:..........................

Signed: ..................................................................................................Doctor:................................................