HOW DOES DEPO WORK?
• Depo contains a hormone like the ones your body makes. This hormone stops your ovaries from releasing eggs. Without an egg, you cannot get pregnant.
• No method of birth control is 100% effective. If you get all of your shots on time, Depo is 96% effective.

HOW DO I USE DEPO?
• You get a Depo injection in the arm or in the buttocks.
• **Use condoms as back-up the first 7 days** after your first shot of Depo.
• You should get a shot every 3 months (every 13 weeks).

WHAT IF I AM LATE FOR THE NEXT SHOT?
• Depo works best if you get a new shot every 13 weeks.
• If your shot is more than 2 weeks late, you should get a pregnancy test before the next shot. You should **use condoms for the next 7 days**.

WHAT IF I AM LATE GETTING A SHOT AND HAD UNPROTECTED SEX?
• If your last shot was more than 15 weeks ago, take Emergency Contraception (EC) **right after** unprotected sex. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

HOW DOES DEPO HELP ME?
• Depo is safe and effective. It keeps you from getting pregnant for 3 months.
• Some people who take testosterone prefer to avoid methods that contain estrogen, and Depo only contains the hormone progestin.
• The shot lowers your risk of cancer of the uterus.
• It is safe to breastfeed while on Depo.

HOW WILL I FEEL ON DEPO?
• You will most likely have spotting between periods. You may have weight gain, bloating, headaches and/or mood changes. Talk to your clinician about treating any side effects.
• After the first 2-3 shots, you may have **no period at all.** This is normal.
• Your bones may become slightly weaker while you take Depo. Bone strength returns to normal after you stop getting the shot.
• After you stop Depo, it takes a few months for your fertility to return to normal. This means that it may take a while for you to get pregnant (even if you’re trying) – but if you don’t want to get pregnant, you need to use a new form of birth control after you stop Depo.

DOES DEPO HAVE RISKS?
• The shot is very safe. Severe problems are rare. If you have any of the symptoms below, call your clinician:
  - Severe headaches
  - Very heavy bleeding
• Your clinician can help you find out if these symptoms are signs of a severe problem.