

Bone health is important to all women.

Eating foods high in calcium and getting plenty of exercise helps keep bones healthy.

Foods that have a lot of calcium are milk, yogurt, cheese, salmon, shrimp and broccoli.

Exercises that can help make your bones strong are walking, running and climbing stairs.

Your healthcare provider may want you to take a pill with calcium in it.

Stopping Contraceptive Injections:

A woman can stop taking the shots at any time.

If you stop the shots because you want to get pregnant, you might be able to get pregnant immediately. It can take some women up to two to three years after stopping contraceptive injections before they get pregnant.

We cannot predict how soon you will be able to get pregnant. This is important to know as you plan the timing of your future pregnancies.

You should seek medical attention if you have:

- Sudden severe headaches that start after you start taking contraceptive injections
- Sharp chest pain or sudden shortness of breath
- Blood when you cough
- Vomiting
- Dizziness or fainting
- Problems with your eyesight or speech
- Weakness or numbness in an arm or leg
- Depression
- Heavy vaginal bleeding
- Severe pain in your lower abdomen
- Severe pain or swelling in your calf
- Persistent pain, pus or bleeding where you got the shot.

Contraceptive injections will not protect you from sexually transmitted infections or HIV/AIDS.

We will be glad to answer any questions you have about your contraceptive injection.

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www.scdhec.gov/familyplanning

USING contraceptive Injections The Shot



USING

Contraceptive Injections

What are Contraceptive Injections?

The shot is a birth control method that contains the hormone progesterone.

How does it work?

Contraceptive injections work in several ways. It can prevent the egg's release from the woman's ovaries. It can make cervical mucus thicker, and it can change the lining of the uterus so the egg cannot attach.

Contraceptive injections are given as a shot. If you receive the first shot during the first 5 days of your period, you are protected from a pregnancy right away. If you get the shot at any other time, your health care provider will talk to you about using a back-up birth control method.

The shot is given in either the upper arm or buttocks every 11-13 weeks, for as long as you use it as your method of birth control.

How well does it work?

The contraceptive injection is 99% effective in preventing pregnancy. It is not a permanent method of birth control. Contraceptive injections don't protect against sexually transmitted infections, you still need to use a condom.

Is it safe?

A contraceptive injection is safe for most women, but there are women who cannot use it. You might not be able to use a contraceptive injection if you:

- have an allergy to any ingredients in the contraceptive injection
- have unexplained vaginal bleeding
- have had blood clots
- have had breast cancer
- have had liver disease
- have had a heart attack or coronary artery disease
- have had a stroke.

Women who use contraceptive injections should not smoke. The effects of cigarette smoking on women using contraceptive injections are not fully known.

What are the side effects?

Most women who use contraceptive injections have a change in their monthly period. Some women might have a longer period, irregular bleeding or spotting, or no period at all. Over half of the women will stop having periods after using contraceptive injections for a year.



Most women do not have problems with contraceptive injections, but some women can have:

- headaches
- nervousness
- weight gain or loss
- dizziness
- weakness
- stomach discomfort
- tiredness
- hair loss or growth
- lower sex drive
- nausea

If taken during pregnancy, there is a slight chance of having a low birth weight baby. If you think you might be pregnant, talk with your health care provider before you get the shot.

Contraceptive injections can lower the amount of calcium in your bones. It might weaken your bones temporarily if taken for a long time (more than two years). Some women can have long term effects. These can include weakened or broken bones, particularly later in life.