

## Depo-Provera Consent • Client Information Sheet

### What is Depo-Provera?

Depo-Provera is a kind of birth control given by a shot. I understand that the shot contains only the hormone progesterin. The shot keeps a woman from getting pregnant for 12 weeks by stopping the ovaries from producing eggs. Depo-Provera does not protect me from sexually transmitted diseases, including HIV.

### How effective is Depo-Provera?

I understand that Depo-Provera is more effective than the pill, as long as I get another shot every 12 weeks. It is very important to get my shots on time. I know that if I want to get pregnant after stopping the shot, the amount of time it takes to get pregnant is different for different women. If I get my shot on the first 5 days of my period, it starts working right away. If I get my shot any other time, I should use a back-up method of birth control for 7 days.

### What are some of the side effects of Depo-Provera?

- Irregular bleeding/spotting or no bleeding
- Weight gain
- Headaches
- Allergic Reaction
- Possible delay in getting pregnant after I stop getting the Depo-Provera (up to 18 months)
- Depression
- Loss of bone density

**Use of Depo-Provera Contraceptive Injection may cause you to lose calcium stored in the bones. The longer you use Depo-Provera the more calcium you are likely to lose. More recent studies suggest that the calcium may return once you stop using Depo-Provera.**

**Loss of calcium may cause weak, porous bones (osteoporosis) that could increase the risk that your bones might break, especially after menopause. It is not known whether your risk of developing osteoporosis may be greater if you are a teenager when you start to use Depo-Provera.**

**Depo-Provera should only be used longer than 2 years if other birth control methods are inadequate or unacceptable.**

### Healthy strong bones need:

- Calcium 1000 to 1300 mg a day from food or supplements
- Vitamin D 400 to 800 IU a day
- Weight bearing exercise
- Stop smoking
- Decreased alcohol use

If I wish to become pregnant, if I have any side effects that I do not like, or if I wish to discontinue the method for any reason, I have to wait for the effects of the shot to wear off (at least 12 weeks). If I wish to change methods, I must start a new method before the time my next shot is due.

### I know to call the clinic if I have:

- Heavy bleeding from the vagina that lasts longer than a normal period;
- Any symptoms of pregnancy or lower abdominal pain;
- Very bad headaches or blurred vision.

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Client Signature

Date

Witness

Date

### Interpreter's Statement

I have translated the information and advice presented orally to the client who has chosen to use Depo-Provera. I have also read to her the consent form in a language she understands and explained its contents to her. To the best of my knowledge and belief she understands this explanation and voluntarily consents to an injection of Depo-Provera.

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Interpreter's Signature

Date