

Birth Control Shot at Home (SubQ Depo Provera 104)

The birth control shot (Depo) prevents pregnancy for 3 months. You can now give yourself the shot at home instead of coming into the center.

Both original Depo and SubQ Depo:

- You need to get a shot every 3 months.
- May change your period.
- Protects you against endometrial cancer and uterine fibroids.
- Does not protect against sexually transmitted infections (STIs). Condoms are still the best option for that.
- Are safe for most people and okay to use while breastfeeding and right after having a baby.

Here's how SubQ Depo is different from the original Depo shot:

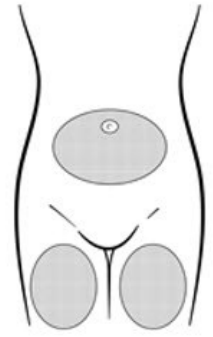
- It uses a smaller needle and goes into your skin instead of your muscle. This means it is less painful and is given in different areas of your body.
- SubQ Depo comes in a pre-filled syringe, is ready to use, and you can do it yourself at home.
- One shot has less hormones, which may lower common side effects.

REMEMBER:

- Use condoms for 7 days after your first shot.
- If you miss a shot or wait longer than 15 weeks between shots take a pregnancy test. If the test is negative, take the next shot. Use condoms for the next seven days . Repeat a pregnancy test in 2 weeks. Use condoms, until you start Depo again . The longer you wait, the more likely you are to get pregnant.
- If your shot was more that 15 weeks ago **and** you had unprotected sex take Emergency Contraception (EC) right away.

Step-by-Step:

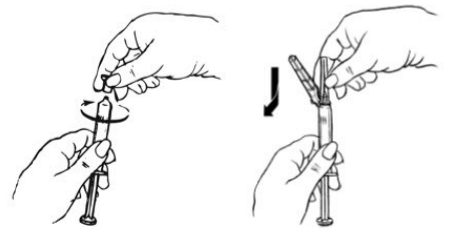
1. Wash your hands with soap and water and pick where you want to give yourself the shot from the 3 shaded areas here. Clean the area with alcohol.



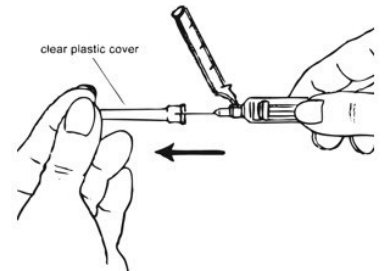
2. Take the needle out of the box and shake it for about one minute.



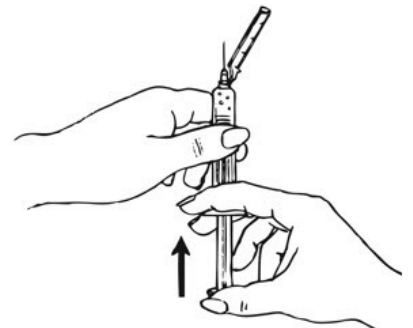
3. Unscrew the cap and attach the needle to the barrel by pushing down on the needle cover.



4. Pull back the safety shield and take off plastic needle cover.

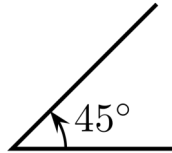


5. Hold needle upright and push the plunger until the liquid is at the top and all the air bubbles are out.

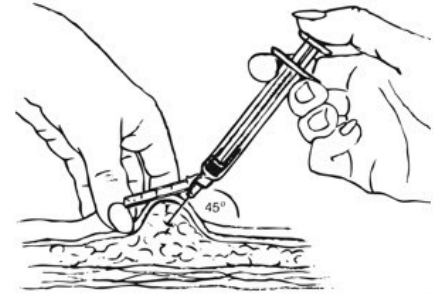


Step-by-Step:

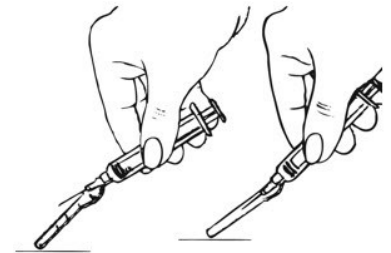
6. Hold the needle in your dominant hand (the hand you write with). With your other hand, pinch your skin together and insert the small needle all the way into this skin at about a 45-degree angle. You will feel a small pinch.



7. Press the plunger all the way in, and keep in place while you count to 5. This makes sure that you get all the medicine.



8. Remove the needle and pull back the safety shield, you will hear and feel a click.



9. Put pressure on the spot.



10. Throw out the needle safely! See next page to learn how.



You can learn more at these websites:



Step-by-step guide

Resource: Pfizer Medical Information - SubQ Depo Provera 104

URL: pfizermedicalinformation.com/en-us/depo-subq-provera-104?section=dosage-admin



Step-by-step video:

Video: How to Give a Subcutaneous Injection using a Pre-filled Syringe

URL: youtube.com/watch?v=arcr1wjun6c

How to Throw out Needles

Needles can be dangerous if not thrown away safely.

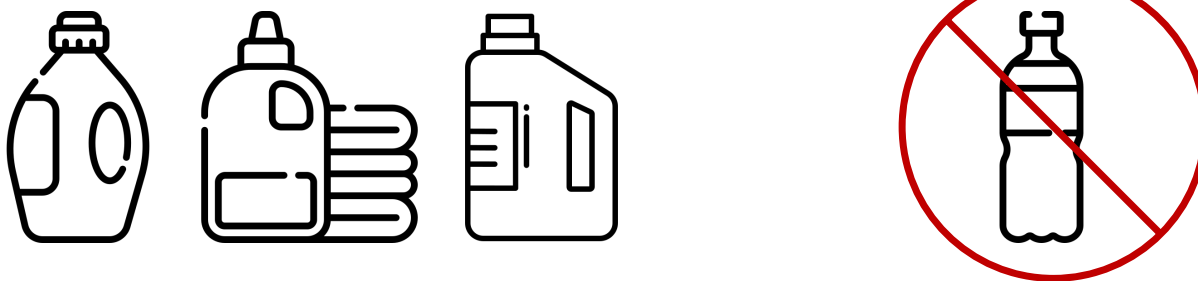
Needles should never be thrown loosely into the trash or toilet.

Needles should never be recycled.

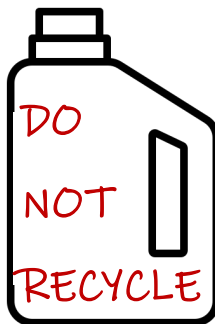
All needles should be thrown out this way even if they are very small or retract.

Here is how to throw out needles:

Place used needles in a strong plastic container, like a laundry detergent or bleach bottle (NOT in a soda bottle).



Close the top tight and write "DO NOT RECYCLE" on side of bottle.



Put the bottle into the trash (NOT the recycling).

