

PROVIDER-ADMINISTERED SHOT

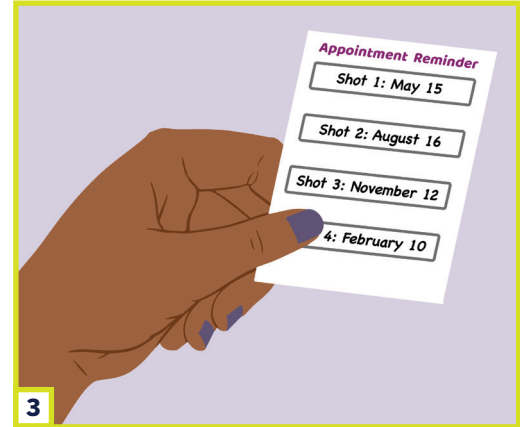
HOW TO GET THE SHOT



Call or schedule an appointment online with a healthcare provider to receive the shot (also known as Depo-Provera). Make sure to ask if you'll need to bring the Depo-Provera medication to the appointment.



At your appointment, your healthcare provider will administer the shot in your arm or buttock. The area where the shot is administered might be mildly sore or irritated afterward.



Before leaving your appointment, schedule a follow-up visit for 3 months later. If you're more than 3 weeks late getting your shot, use another birth control method until you receive your next injection.

HOW IT WORKS

The shot releases hormones to prevent your body from releasing an egg. It also thickens cervical mucus to make it harder for sperm to swim to an egg, if released.

HOW OFTEN YOU USE IT

You need to get a shot every 3 months; that's 4 times in a year.

If you're more than 3 weeks late getting your shot, use another birth control method until you receive your next injection.

EFFECTIVENESS

Typically, **94%** of people don't become pregnant.

HOW TO GET IT

A healthcare provider administers the shot.

COST

Each shot costs between \$0–150 which could cost \$0–600 in a year. If you have insurance, the shot is typically low- or no-cost.

VISIBILITY

No one can tell that you are using the shot; it's very private.

STI PROTECTION

The shot does not protect against STIs. Be sure to use a barrier method.



ADDITIONAL INFORMATION

- Light or missed period
- Requires 4 visits per year
- A healthcare provider can train you to self-administer at home
- Weight gain
- Headaches
- Irregular bleeding in the first 6–12 months

If you notice any concerning changes, immediately reach out to your healthcare provider.

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.

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