

Injectable Contraception

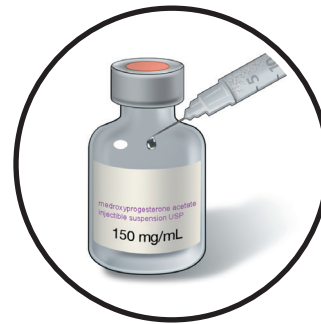
Injectable contraception, also known as the birth control shot, is a highly effective and reversible method of contraception. The injection contains a progestin, but does not contain estrogen. It is administered four times a year, so it may be a good choice for women who have trouble following a daily, weekly, or monthly routine.

How does it work?

- The injection is given by a health-care professional in the muscle – commonly in the upper arm or buttocks, of a woman, every 12 to 13 weeks (four times a year).
- The progestin hormone prevents the ovaries from releasing an egg. It also thickens the cervical mucus making it difficult for sperm to reach the egg and changes the lining of the uterus making implantation difficult.

How effective is it?

- **Typical use failure rate:** 60 of 1000 women during first year of use
- **Perfect use failure rate:** 2 of 1000 women during first year of use
- Injectable contraception is one of the most effective methods of contraception available



Advantages

- + Highly effective and long lasting
- + Reversible
- + Safe, convenient and discreet
- + Does not interfere with sex
- + Effectiveness is not affected by most medications
- + May be suitable for women who cannot take estrogen
- + May be suitable for breastfeeding women
- + May be suitable for women over the age of 35 who smoke
- + Reduces or eliminates periods
- + Reduces menstrual cramps and PMS
- + Reduces the risk of endometrial cancer and fibromas
- + May improve symptoms of endometriosis and chronic pelvic pain
- + May decrease the incidence of seizures in women who have epilepsy

Disadvantages

- Initially, irregular bleeding is the most common side effect
- Less/lighter bleeding, to no periods
- Heavier and more frequent bleeding, including spotting in between periods
- Causes a decrease in bone mineral density which may return to normal when a woman stops using the injection
- May be associated with change of appetite and/or weight gain in some women
- Some women may have hormonal side effects: acne, headaches, breast sensitivity, mood issues/ depression and a change in sex drive
- It can take a longer time to get pregnant after getting your last shot. For some, it can be approximately 6 to 10 months after the last injection for the ovaries to start releasing eggs again
- Must be administered by a health-care professional every 3 months
- Does not protect against STIs