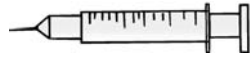


The Birth Control Shot (Depo-Provera)



1. You will get a shot in the arm or hip. The shot has to be given by a health care provider.
2. Use condoms as a back-up method of birth control for 2 weeks after your first shot so that you don't get pregnant.
3. The shot will work for 12 weeks (about 3 months).
4. You will need to make an appointment to get your next shot. Call 2 weeks before your shot is due so that you can get an appointment.

Remember

- You may not have a period when you are on Depo but that doesn't mean you are pregnant.
- You may have bleeding while you are on Depo. Light bleeding and spotting are normal and can happen at any time. If bleeding is heavy, call your health care provider.