



Central Montana Family Planning
505 West Main St, Suite 108 - Lewistown, MT 59457
(406) 535-8811 phone & fax
<http://www.cmtfp.org>

DMPA INJECTION CONSENT

NAME: _____ DOB: _____ PATIENT #: _____

EFFECTIVENESS FOR PREVENTION OF PREGNANCY:

DMPA is 97-99% effective when administered correctly.

BENEFITS:

DMPA contraceptive injection contains medroxyprogesterone acetate, a chemical similar to (but not the same as) the natural hormone progesterone.

- Lasts for 13 weeks
- No pill/patch/ring to remember
- Decreased menstrual cramps and pain
- Decrease in uterine cancer
- Lighter or no periods
- Effective birth control

RISKS & COMPLICATIONS:

Women who use DMPA Contraceptive injection may lose significant calcium in their bones. Bone loss is greater the longer DMPA is used and may not be completely reversible. DMPA should be used as a long-term birth control method (eg, longer than 2 years) only if other birth control methods are inadequate. It is unknown if use of DMPA by younger women will reduce peak bone mass and increase the risk of bone fracture in later life. DMPA can increase risk for women already at risk for lower bone density due to:

- Bone disease
- Chronic alcohol/tobacco use
- Anorexia
- Family history
- Chronic use of drugs

Although there are no studies addressing whether or not calcium and vitamin D may lessen bone loss, all women using DMPA should have adequate calcium and vitamin D intake.

Users of DMPA may have slightly greater chance than non-users of developing certain serious problems. These serious problems include:

- Women under 35 years of age may have a slightly increased risk of developing breast cancer
- IF pregnancy does occur, there is a greater risk for ectopic pregnancy
- Allergic reactions
- May have an increased risk of blood clots and stroke

EFFECTIVENESS FOR PREVENTION OF SEXUALLY TRANSMITTED INFECTIONS:

DMPA **does not** protect against sexually transmitted infections, including HIV. If you or your partner have or have had other sexual partners, you should also use latex or polyurethane condoms to decrease your risk of sexually transmitted infections.

POTENTIAL SIDE EFFECTS

Very Common - Irregular Menstrual Bleeding

Common - Weight gain and/or bloating; Breast swelling and tenderness; Depression; Headache.

Less Common - Abdominal cramps or Pelvic Pain; Decreased sexual desire; Vaginal discharge or irritation; Acne/Rash; No hair growth or excessive hair loss; Hot flashes.

Many of these side effects that may appear during the first few months will decrease over time with continued use of DMPA.

GENERAL INSTRUCTIONS: DMPA Contraceptive Injection is given as an intramuscular injection (a shot) in the buttock, hip, or upper arm once every 3 months (13 weeks). Promptly at the 3-month interval (between 10-13 weeks), you will need to return to your healthcare provider for your next injection in order to continue your contraceptive protection.



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STARTING DEPO-PROVERA

Your first injection of Depo-Provera should be given **within the first 5 days of your normal menstrual period including the first day of your menstrual period.** The birth control protection begins after 24 hours of your first injection. Abstain or use condoms for 24-48 hours, preferably for 7 days after the injection, to prevent a possible pregnancy.

CONTINUING DEPO-PROVERA

- Depo-Provera injections are effective if given every 10-13 weeks, and no later than 13 weeks after last injection. You will receive an appointment card at each visit with your next Depo-Provera injection due date on it.
- If you don't return to the clinic by the 13th week after your last injection, the risk of becoming pregnant is increased, if you have unprotected intercourse.
- If you miss your next injection by more than 1 day after the 13th week and you would like to restart Depo-Provera, contact us to schedule an appointment.

DECISION TO STOP DMPA OR CHANGE METHOD:

If you wish to discontinue Depo Provera, do not return for your next scheduled Depo Provera injection (please to cancel this appointment) your contraceptive benefits end at this point and a pregnancy is possible.

If you decide to stop using DMPA:

1. **You do not want to become pregnant** - start using another contraceptive within 12 weeks of your last injection.
2. **You want to become pregnant** - Because DMPA is a long-acting birth control method, it takes some time after your last injection for its effect to wear off. It can take an average of 9 -10 months --- sometimes up to a year or more --- before pregnancy occurs. However, some women do become pregnant right away.

DANGER SIGNS:

If any of these problems occur following an injection of DMPA, contact your clinician ***immediately***:

- Sharp chest pain, coughing up blood, or sudden shortness of breath
- Sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness or numbness in any arm or leg
- Severe pain or swelling in the calf
- Unusual heavy vaginal bleeding
- Severe pain or tenderness in the lower abdominal area
- Persistent pain, pus, or bleeding at the injection site

You should not use DMPA if you:

- Think you may be pregnant
- Have any vaginal bleeding without a known cause
- Have had breast cancer
- Have had a stroke
- Have had blood clots in your legs
- Have liver problems
- Are allergic to DMPA (medroxyprogesterone acetate suspension or any of its ingredients).

IN CASE OF EMERGENCY:

- 24-hour emergency telephone number is 406-535-7711
- The nearest hospital/urgent care clinic is CMMC at 408 Wendell Avenue, Lewistown, MT

ALTERNATIVES: I understand that there are other methods of birth control that I could use. I have been told that using DMPA for more than two years may increase my risk of significant loss of bone mineral density. I understand this risk and that it may not be completely reversible.

SEE THE PACKAGE INSERT FOR MORE SPECIFIC USAGE INSTRUCTIONS.

I have read and understand these instructions, any questions I may have had were answered.

 Patient Signature Date

 Staff Signature Date