

Depo-Provera (DMPA) Consent

Please review the information below. Ask questions of your health care provider to ensure that you understand the risks and benefits of using Depo-Provera. DMPA is a long acting, progestin birth control method given by intramuscular injection every twelve weeks. Fewer than 1 in 100 people will become pregnant when the shots are administered on time.

The advantages of using DMPA include:

- Long-acting contraception that requires nothing for you to do before sex
- It can decrease menstrual blood loss, menstrual cramps, and lower your risk of anemia
- It can reduce your risk of uterine cancer
- It can reduce your risk of ectopic pregnancy
- Good safety record

The most common side effects of DMPA are:

- Irregular bleeding. The frequency and duration of bleeding decreases with increasing duration of use. With prolonged use, up to 75% of people may have no bleeding
- Weight gain. Not all people gain weight but weight gain has been reported as 3.5 lbs to 13 lbs after three years of use
- Headaches may increase in certain people, but DMPA may also reduce the frequency of migraines
- Mood changes while not consistent in observational studies, may occur or worsen with DMPA

Although there may be a delay in return to fertility averaging between 9-10 months (but may be up to 18 months), it should not be assumed that pregnancy cannot occur before this time. If pregnancy is not desired, an alternative form of birth control should be started as soon as your next shot would be due

The risks of using DMPA include:

- Temporary bone thinning - bone thinning increases the longer you use it. Bone growth begins again when you stop using the shot
- A slightly greater risk of rare serious problems like heart attack and blood clots. The risk increases if you are older than 35, smoke, have diabetes, high blood pressure, or high cholesterol, or have had a stroke, heart attack or angina
- If side effects occur, once DMPA is injected there is no way to stop them and you may need treatment until the shot wears off

Although there are few interactions with other drugs, it is important to inform your healthcare provider that you are using DMPA. DMPA does not protect against HIV or other sexually transmitted infections (STIs). Using a condom correctly and consistently helps prevent STIs.

It is important to avoid unprotected intercourse between your last menses and the DMPA injection to minimize your risk of pregnancy.

Emergency care is always available if you should need it. Check the eTang Portal for more information.

I have reviewed and understand all of the above information including risks and benefits of using Depo-Provera. I have been given the opportunity to ask questions and have had them answered to my satisfaction. After reviewing the above information, I hereby authorize a nurse to provide the injection.

Patient signature _____ date: _____

Clinician/nurse signature _____ date _____