

MINNEAPOLIS SCHOOL BASED CLINICS

Edison: Room 107	612-668-1321
Henry: Room 212	612-668-1944
FAIR: Room 222	612-668-1064
Longfellow: Room 126	612-668-4723
Roosevelt: Room 143	612-668-4834
South: Room 122	612-668-4333
Southwest: Room E021	612-668-3040
Washburn: Room 002	612-668-3453


Minneapolis
Health

For reasonable accommodations or alternative formats please contact Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.
Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.

SCAN ME!



Version: 3/23

THE SHOT



ALSO KNOWN AS "DEPO"
MEDROXYPROGESTERONE ACETATE

MINNEAPOLIS
**SCHOOL BASED
CLINICS** **program**

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HOW IT WORKS

Depo-Provera, more commonly known as “Depo” or “the shot,” is used by people with a uterus to prevent pregnancy. It is an injection that contains the hormone progestin. It helps prevent pregnancy by:

- Stopping the release of eggs from the ovaries.
- Making it hard for sperm to get through the mucus in the cervix (the opening to the uterus).
- Thinning the lining of the uterus, which may make it hard for the fertilized egg to attach and grow there.

BENEFITS

- When the shot is given every 77-90 days, it's over 94% effective in preventing pregnancy.
- It's easy, private and convenient – The shot is given by a medical provider every 11 – 12 weeks.
- After 2 or 3 shots, many people begin to have lighter periods or no periods at all. Cramping with periods often gets better or goes away.
- There is less risk of cancer of the ovaries and lining of the uterus.
- There is less risk of pelvic inflammatory disease, a serious infection of the uterus, tubes, and ovaries.
- It does not contain estrogen.
- Can be used while breastfeeding.

POSSIBLE SIDE EFFECTS

- Unpredictable bleeding or spotting (very light bleeding) for up to 9 months.
- Chest tenderness and/or acne. It's usually temporary.
- It may take a while to start releasing eggs again after the last shot—maybe 6-12 months. Though some people can become pregnant soon after quitting Depo, it may take longer for others.
- Weight gain.
- Less good cholesterol in your blood.
- Less calcium stored in your bones.

GETTING STARTED

Schedule an appointment with your health educator or medical provider to discuss this method.

After getting your first Depo-Provera shot, avoid vaginal sex or use condoms for 7 days to prevent pregnancy. **The medication can take up to 7 days to start working.**

THINGS TO KNOW

If you are more than 6 days late for your next shot and you have vaginal sex without a condom, you could be at risk of pregnancy. Come to the School Based Clinic to talk with a provider or get Emergency Contraception (Plan B).

Use condoms/barriers every time you have sex to help prevent sexually transmitted infections. **Depo-Provera does not prevent sexually transmitted infections.**

