Te Whatu Ora
Health New Zealand
Waitaha Canterbury

MEDROXYPROGESTERONE DEPOT (injection)

me-drox-ee-pro-jes-te-rone dep-oh

What does it do?

Medroxyprogesterone is a progestogen hormone used to prevent pregnancy. See Sexual Wellbeing Aotearoa for more information. It may also be used to treat endometriosis and some cancers.

Before you start

- It's important to make sure you're not pregnant.
- Tell your doctor if you, or someone in your family, has ever had breast cancer.
- *Medroxyprogesterone depot* is effective at preventing pregnancy straight away if it is given within 5 days of the start of your period. If it is given after this, you need to use condoms (or don't have sex) for the next 7 days.

How is it given?

Medroxyprogesterone depot is given as an injection into a muscle, usually the buttock or upper arm, by your health professional. To prevent pregnancy it is usually given every 13 weeks.

What if you forget a dose?

If you miss an appointment for your injection, contact your health professional as soon as possible.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Changes in periods	Irregular bleeding is common in the first 3-6 months. This is not harmful and usually improves with time. After this, some women will not have any periods at all.
Mood changes Headache Acne Weight gain Sore breasts Nausea, bloating	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Medroxyprogesterone depot* may weaken your bones, especially if you are using it for longer than two years. This usually improves after you stop using it.
- *Medroxyprogesterone depot* does not protect you from sexually transmitted infections.
- It may take up to a year for your periods and ability to get pregnant to go back to normal after stopping *medroxyprogesterone depot*.