New Zealand Formulary
PATIENT INFORMATION

# 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<br>Headache<br>Acne<br>Weight gain<br>Sore breasts<br>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*.