

The Contraceptive Injection

What is it and what is it for?

It is a long-acting injection with a single type of hormone (progestin). It prevents pregnancy by interrupting the menstrual cycle. It usually makes you stop menstruating or your periods become lighter. This is why it is also used to regulate very heavy periods or to prevent the bleeding caused by uterine polyps called fibroids.

What is it not for?

It does not protect you from catching sexually transmitted diseases and it is not a method of abortion or of interrupting pregnancy. Nor does it stop you from getting pregnant if you have the injection after having unprotected sex.

Can anyone have the injection?

It is not recommended for women with diseases that affect their blood circulation (lupus, high blood pressure, diabetes...) or a liver disease.

What side effects does it have?

It reduces bone density and thus increases the risk of getting osteoporosis. It also makes it more difficult to get pregnant in the months after you stop having the injection.

When can you start having it?

You have the first injection preferably between the 1st and 5th day of your period, or a maximum of 15 days before or after this time. You should have a repeat injection every 3 months.

What happens if I forget to have a repeat injection?

You may be unprotected: there is a higher risk of getting pregnant. If more than 15 days have elapsed since the date for the repeat injection or you do not know how long it is since you had the last injection, you should first check that you are not pregnant and then have the injection. You should use condoms for 7 days after the injection.

How long can you use this method?

Until the menopause, when your periods stop.

