

## Depo Provera Student Information Sheet

**Depo-Provera injection** A current exam, prescription, & RN appointment are required.

**First Depo** injection (never used or restarting):

- Injection must be given within 5-days of period start

**Repeat Depo** injection if previous injection was at another clinic & you have a current prescription:

- Bring written proof of last injection date
- Get Depo injection on time. Evaluation & lab work required if last injection was +91 days ago

If you have a current prescription for Depo-Provera at Student Health Center:

Make RN appointment for Depo injection (allow minimum of 1 week to obtain appointment). Before leaving campus during break periods, make arrangements for Depo injection with your medical clinic. Find out what information you need to take to Depo injection appointment. Depending on your clinic's requirements you may:

- Purchase Depo-Provera vial with prescription for administration & statement of injection due date
- Pick-up written prescription from NCCU provider who prescribed your Depo-Provera; or
- Sign release of information form for results of last exam and Depo prescription

**NOTE: 5 working days are needed for medical records**

**Emergency contraceptive pills (ECP/Morning-after pill)** Available at the front desk. Effectiveness improved by taking as soon as possible after unprotected intercourse; may be taken up to 120 hours after intercourse. ECP is not considered a method of routine birth control.

**Condoms** No prescription or appointment are needed

**Diaphragm** A provider appointment is required for diaphragm fitting & prescription

**Other methods** A provider appointment can be made to discuss other contraceptive methods

**IUD or Nexplanon** A provider appointment is required (Coming Soon)

### Purchasing Contraceptives at NCCU Student Health Center

**Emergency Service** a one-time emergency refill of oral contraceptives, ring or Depo-Provera can be provided. For oral contraceptives or ring, evidence of current prescription is necessary. For Depo-Provera, must have verification of last injection date while medical records are being obtained.

**Or**

**Original written prescription from health care provider** for contraceptive method we stock. *We cannot accept phoned-in prescriptions or pharmacy labels*. If you want your health care provider to fax a prescription, our clinic fax number is 919-530-7969. Ask them to include your birth date on the prescription.

**Or**

**Complete a release of medical information form** for transfer of your contraceptive prescription records (annual exam, Pap, and number of refills remaining) to us. Come to the Student Health Center with a picture ID to complete this paperwork.

**Or**

**Make an appointment for an annual exam** and contraceptive prescription by calling 919-530-6317. If you have never used contraceptives or are changing methods, state that you need an initial exam or gyn double exam to allow for contraceptive options discussion and education.

**Depo-Provera's effectiveness is more than 99%, but only if injections are given every 13 weeks, regularly.**

**Advantages:**

1. Nothing has to be taken daily or used at the time of sexual intercourse.
2. Depo is extremely effective. If women receive their injections right on time (every 13 weeks), only 3 women in 1,000 become pregnant in the course of an entire year.
3. Women lose less blood using Depo-Provera and have fewer menstrual cramps.
4. Frequently, after 3 injections, women have no periods at all. This is safe.
5. Privacy is a major advantage. No one needs to know you are using this method.
6. Nursing mothers can receive Depo-Provera injections; It is best to begin use after the baby is 6 weeks old and lactation has been established.
7. Depo may improve PMS, depression or symptoms from endometriosis.

**Disadvantages:**

1. Depo-Provera injection can lead to very irregular periods. If you bleeding pattern is bothersome to you, the rare medication you can take which will give you a more acceptable patter of bleeding.
2. Some women gain weight. To avoid weight gain, watch your calories and maintain an active lifestyle.
3. Depo-Provera does not protect you from AIDS or other sexually transmitted diseases. Use condoms if you are at increased risk of contracting an STD.
4. You must return every three months for your injection.
5. Depression and premenstrual symptoms may become worse.
6. It could take a number of months before your periods return to normal after your last shot. It may take several months to begin ovulating regularly as well.
7. Depo-Provera may lower your estrogen level and cause bone loss; this risk is low and research demonstrates returning level of bone density upon discontinuation of the injections.
8. A few women are allergic to Depo-Provera. Fortunately, allergic reactions are rare.

**Possible side effects:**

The most common side effect is irregular or unpredictable menstrual bleeding. Note: After 1 year of use, many women (55%) will stop having periods altogether. Periods return within 6-18 months after you stop taking the injections. Most women become pregnant within 6 months to a year after stopping the injections. Weight change, nervousness, dizziness, stomach discomfort, headache, and fatigue are possible side effects. Don't hesitate to call your doctor or nurse if you have questions or concerns about your medication, side effects, or effectiveness of the Depo.