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Patient Consent for Depo-Provera

Depo-Provera is a hormone used to inhibit ovulation. As a form of birth control, it is 99.7% effective. Depo-Provera is given by intramuscular injection and last for about twelve weeks. To be effective, an injection must be given every twelve weeks. Depo-Provera may be given to breast-feeding women when six weeks post partum or when not breast-feeding within five days post delivery.

For the first-time user, Depo-Provera should be given within five days of the start of menses. No back-up contraceptive method is needed if administered within these schedules.

Potential side effects from the injection include:

1. At the end of the twelve weeks after the injection, it may take from several months to a year to get pregnant. If there are problems or side effects, it may take 3-4 months before the shot wears off.
2. **Using Depo-Provera while pregnant may cause birth defects.**
3. Depo-Provera should not be used in the presence of serious active liver disease, unexplained vaginal bleeding, known or suspected breast cancer, blood clots in the legs, lungs or eyes.
4. Depo-Provera may cause a change in periods, including bleeding more days than usual, spotting between periods or no periods. These changes are common, particularly in the first six months of use.
5. If a health care provider is seen for any reason, he/she should be informed of your Depo-Provera use.
6. Women who use Depo-Provera may have a decrease in the amount of mineral stored in their bones. Most of the mineral comes back as soon as the Depo-Provera is stopped. You should take extra calcium supplements (1000-1200 mg/day).
7. Minor side effects may include nausea, acne, breast tenderness, weight gain (a few pounds each year), headaches, nervousness, dizziness, cramping, weakness or fatigue, or decrease sex drive. These side effects may decrease over time.
8. Studies have found that women who used Depo-Provera for contraception had no increased overall risk of cancer of the breast, ovary, uterus, cervix, or liver. Women, under 35 years of age whose first exposure to Depo-Provera was within the previous four years, may have a slightly increased risk of breast cancer similar to that seen with oral contraceptives.
9. Depo-Provera does not protect against HIV/AIDS or other sexually transmitted diseases.

I have read and do understand the above side effects and complications of using Depo-Provera injections. Alternatives forms of birth control were discussed along with the risks and benefits of each. I agree to inform my doctor promptly of any side effect of this medication.

Patient name: _____ Signature: _____

Date: _____ Witness: _____