

 USE ON A SCHEDULE  HORMONAL  HIDDEN



### HOW DO I USE IT?

The Shot (a.k.a. Depo-Provera) is an injection that contains the hormone progestin. You get it every 3 months.



### HOW EFFECTIVE IS IT?

The Shot is 96% effective at preventing pregnancy. Remember, for it to be the most effective you have to get it every 3 months.



### WHAT I MIGHT LIKE...

- + You may get lighter periods or no periods
- + You might have reduced cramps and reduced PMS
- + You might like that it's estrogen-free



### WHAT I MIGHT DISLIKE...

- You might have irregular periods or no periods
- You might dislike needles
- You won't be protected from STIs
- You might have to wait up to 18 months (8-10 on average) to get pregnant after you stop using it
- You might get headaches, weight changes, breast tenderness, mood changes (typically improves with time) and temporary bone-thinning.



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