

*South Dakota
Family Planning Clinics*

Brown County Community Health Center Aberdeen, SD 57401	626-2628
Urban Indian Health Aberdeen, SD 57401	225-1538
Douglas County Public Health Armour, SD 57313	724-2758
Perkins County Community Health Bison, SD 57620	244-5978
SDSU Student Health Brookings, SD 57006	688-6622
Gregory County Community Health Burke, SD 57523	775-2634
Brule County Public Health Services Chamberlain, SD 57325	734-0180
Custer Community Health Custer, SD 57730	673-2847
Ziebach County Community Health Dupree, SD 57623	365-5163
Meade County Community Health Faith, SD 57626	967-2150
Moody County Public Health Services Flandreau, SD 57028	997-3779
Fall River Community Health Hot Springs, SD 57747	745-5135
Miner County Community Health Howard, SD 57349	772-5381
Women's Health & Education Center Huron, SD 57350	352-8384
Dewey County Community Health Isabel, SD 57633	466-2474
Jackson County Community Health Kadoka, SD 57543	837-2240
Charles Mix Community Health Lake Andes, SD 37356	487-7094
Perkins County Community Health Lemmon, SD 57638	374-5962
Lake County Community Health Madison, SD 57042	256-5309
Bennett County Community Health Martin, SD 57551	685-1089
Grant County Community Health Milbank, SD 57252	432-4596
Hand County Public Health Services Miller, SD 57362	853-2147
Mitchell Family Planning Mitchell, SD 57301	995-8040
Walworth Public Health Services Mobridge, SD 57601	845-8127

Haakon County Community Health Philip, SD 57567	859-2467
Pierre Area Family Planning Pierre, SD 57501	773-4937
Urban Indian Health Pierre, SD 57501	224-8841
Charles Mix Community Health Platte, SD 57369	337-3996
Community Health Center of the Black Hills Rapid City, SD 57701	721-8939 Ext. 236
Spink County Community Health Redfield, SD 57469	472-2434
Sanford Downtown Health Care Sioux Falls, SD 57103	334-5099
Urban Indian Health Sioux Falls, SD 57104	339-0420
Roberts County Community Health Sisseton, SD 57262	698-4183
Family Health Education Services Spearfish, SD 57783	642-6337
Dewey County Community Health Timber Lake, SD 57656	865-3587
Bon Homme County Community Health Tyndall, SD 57066	589-4318
Vermillion Area Family Planning Vermillion, SD 57069	638-8681
Charles Mix Community Health Wagner, SD 57380	384-3487
Watertown Family Planning Watertown, SD 57201	882-1852
Jerauld County Community Health Wessington Springs, SD 57382	539-1271
Tripp County Public Health Services Winner, SD 57580	842-7166
Yankton Area Family Planning Yankton, SD 57078	665-8838

For Further Information:

Visit our web site at:

www.state.sd.us/doh/famhlth/famplan.htm

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1000 copies of this brochure were printed by the South Dakota Department of Health through support of the Title X Family Planning Grant at a cost of \$.05 per copy.

(Rev. 12/10)

FPL 024



Facts About Depo- Provera



South Dakota Family Planning

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▶ WHAT IS DEPO-PROVERA?

This safe method of contraception is a hormone (progesterone) that prevents the ovaries from releasing an egg (ovulation). After being injected into the buttocks or upper arm, pregnancy will be prevented for 3 months. You should use a back-up method (foam & condoms) for 2 days if receiving your first injection within 5 days after the start of your period. If you receive your first injection at any other time, you should use a back-up method for 2 weeks.

▶ CAN ANY WOMAN TAKE BIRTH CONTROL SHOTS?

Most women can. Like any birth control method, however, some women should not use it. Tell your health care provider if you:

- ▶ Think you might be pregnant.
- ▶ Have had breast cancer.
- ▶ Have had a stroke.
- ▶ Have had blood clots in your legs.
- ▶ Have liver disease.
- ▶ Have had any unusual bleeding from your vagina.

▶ ARE THERE SIDE EFFECTS FROM USING DEPO-PROVERA?

All women who use Depo-Provera have some changes in their monthly period:

- ▶ At first, periods may not be regular, and spotting is common.
- ▶ Most women who use it for more than 1 year stop having periods. Periods usually return within 6 to 12 months after you stop taking the shots.

Some women who use Depo-Provera could also have: bloating/weight changes, headaches, mood changes, fatigue, loss of interest in sex, or breast tenderness.

▶ WILL IT HARM ME NOT TO HAVE A MONTHLY MENSTRUAL PERIOD?

Having your periods stop because of Depo-Provera shots is not a health problem. The birth control drug simply stops your body from producing menstrual blood. Once women know it's safe, most are very happy not to have their periods.

Women who use Depo-Provera Contraceptive Injection may lose significant bone mineral density. This bone loss is greater the longer Depo-Provera is used, and the bone density may not completely return to normal once Depo-Provera is stopped. It is unknown if use of Depo-Provera during the teens or early 20s, a time when bone density is increasing, will reduce peak bone mass and increase the risk of thinning bones that could result in bones breaking later in life. Depo-Provera should be used longer than 2 years ONLY if other birth control methods are inadequate or unacceptable.

▶ WHEN SHOULD I CONTACT MY HEALTH CARE PROVIDER?

Women using Depo-Provera must report any of the following warning signs to their health care provider immediately:

- ▶ Severe pain in the lower abdomen.
- ▶ Heavy vaginal bleeding.
- ▶ Repeated very painful headaches.
- ▶ Depression.
- ▶ Persistent pain, pus, or bleeding at the injection site.

▶ A DEPO-PROVERA SHOT IS NEEDED EVERY 3 MONTHS. WHAT IF A SHOT IS FORGOTTEN OR I CAN'T COME IN ON TIME?

It is important to get your birth control shots on time. Mark the date on your calendar to remind you when your next shot is due. Or ask a friend to help you remember. It is also safe to have your shot 2-3 weeks early if your 3-month date is not convenient.

If you wait longer than 13 weeks between injections, use another reliable form of birth control (condoms and spermicide), or don't have sex, until you get your shot.

Once you get your injection, don't rub or massage the site. This may decrease the medication's effectiveness.

▶ WHAT CAN I DO TO AVOID WEIGHT CHANGES AND WEAKENED BONES?

Not all women who use Depo-Provera gain weight, but some gain several pounds during use. Depo-Provera has also been associated with changes in bone density. Eat a balanced low-fat diet with increased calcium, and regular exercise can help keep you fit. To keep your bones strong, avoid caffeine, alcohol, and DO NOT SMOKE OR USE OTHER TOBACCO PRODUCTS.

▶ HOW SOON CAN I GET PREGNANT AFTER I STOP USING DEPO-PROVERA?

You can stop taking the shots at any time. Most women are able to get pregnant within a year after their last shot. For some, it may take up to 1 1/2 years.

▶ CAN I USE BIRTH CONTROL SHOTS AFTER I HAVE A BABY?

New mothers can begin taking shots right after childbirth, before they go home from the hospital if they are not nursing.

▶ IS IT SAFE TO BREAST-FEED MY BABY WHILE I'M USING DEPO-PROVERA?

A new mother who breast-feeds her baby can safely begin taking shots 6 weeks after childbirth. The shots do not harm the baby or reduce the flow of breast milk.

▶ WILL THE SHOTS PROTECT ME FROM HIV/AIDS AND OTHER SEXUALLY TRANSMITTED DISEASES?

NO. Having sex with only one person who only has sex with you, or abstaining from sexual intercourse, are the only sure ways not to acquire a sexually transmitted disease. If you've had sex with more than one person or if your partner has had sex with someone other than you, remember, you need to respect yourself enough to use a condom every time you have sex.