

## **INJECTABLES ( EXAMPLE: DEPO PROVERA® )**

### **What are Injectables ?**

Injectables are contraceptive methods delivered to the woman through an injection in her arm or buttocks.

### **Are they Effective?**

Injectables are one of the most effective of contraceptive methods.

**NOTE:** Injectables do not provide protection against HIV infection and other STIs. Aside from abstinence, latex condoms offer the best protection against these infections.

### **How do they Work?**

Injectables stop the egg from leaving the ovary every month. They also make it difficult for sperm to enter the womb. They do this by thickening the mucus at the entrance to the womb.

### **How do I use Injectables?**

As with any other method, you should talk to your health provider before using injectables as contraceptive methods. The woman must get an injection every three (3) months for Depo-Provera® (every two (2) months for Noristerat).

### **Frequently Asked Questions**

For other information and frequently asked questions and answers about Injectables please refer to

<http://info.k4health.org/globalhandbook/handbook.pdf>

**(Pages 73-82)**

Unlike the other methods no info is provided on efficacy