

# Contraception Jag (Injection) (Depo-Provera)



An Easy Read Booklet

# What is a contraceptive jag (injection)



**12  
weeks**

It is a liquid given to you in a jag (injection) every 12 weeks, by a doctor or nurse.



Can stop you having a baby.



Talk to the doctor or nurse about the contraceptive jag (injection).

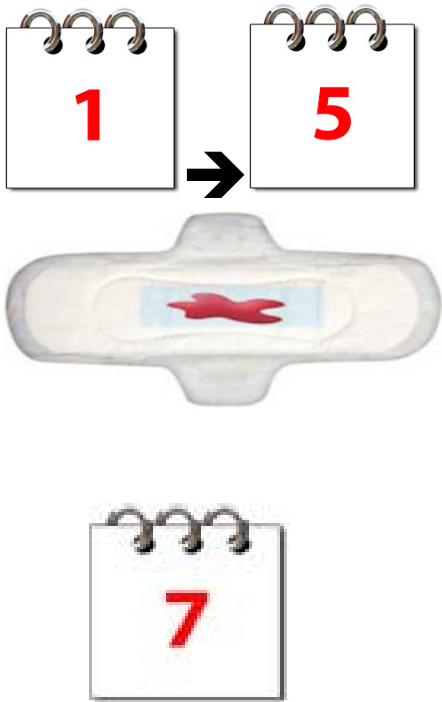


Using a condom can stop you getting a sexually transmitted infection (STI).

# Your Contraceptive Jag (Injection)



The jag (injection) can be given at anytime as long as you are not pregnant.



The first jag (injection) is usually given on day 1-5 of your period. You will be protected against pregnancy straight away.

If you have the injection on a different day, it will take a week (7 days) before you are protected.



You will need to use a condom for 7 days.



**12  
weeks**

You need the jag (injection) every 12 weeks.



Make your next appointment with the doctor or nurse before you leave.



You need to remember to get your jag (injection) every 12 weeks.

Write it on your calendar.

# Side Effects



Your bleeding might last longer or stop and start after 1<sup>st</sup> jag.

Bleeding may be more painful.

This may improve after a few months.



At first you may have headaches, mood changes and boobs (breast) tenderness.

This usually settles after some time.



You may put on weight.



It may thin your bones.



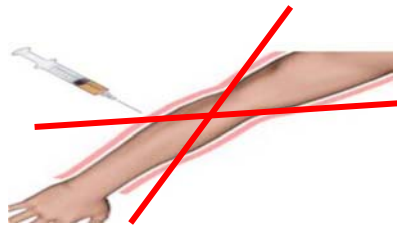
Talk to the doctor or nurse about:

Any side effects.

Or

If you are worried.

# When you stop having the jag (injection)



You may not have a period for up to a year.

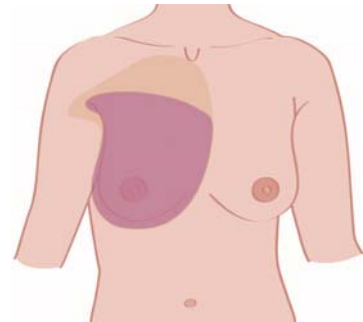


It may take a while for you to be able to have a baby after you stop having the jag (injection).

# You can not have the Jag (Injection) if



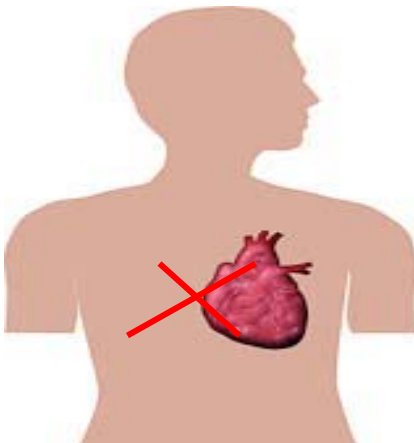
If you think you are already pregnant or want a baby within the next year.



If you have had breast cancer.



If you have diabetes (your doctor will need more details).



If you have heart disease or have had a stroke in the past.





If you have thrombosis (blood clots) in any vein or artery.



If you have vaginal bleeding (between periods or after sex).



Talk to the doctor or nurse if you are worried.

**FREE  
CONDOMS  
NO FUSS**



To get free condoms go to  
The doctor (GP) or clinic  
or chemist.



Or call 0300 303 0243 for  
your nearest centre.

Acknowledgements- Photosymbols & NHS Lanarkshire Sexual Health Services.

Next Review Oct 2019. NHS Lanarkshire Learning Disability Service