



Depo-Provera injection

What is it?

Depo-Provera is an injection containing medroxyprogesterone acetate (a synthetic form of progesterone - a female hormone produced by the ovaries).

It has been suggested that it can help alleviate pelvic pain as well as being a reliable contraceptive.

How does it work?

Progestogens are thought to relieve the symptoms of endometriosis by stopping ovulation, which will lower the oestrogen levels and so suppress the growth of endometrial deposits and associated pain. It also works by thinning the lining of the womb so that any bleeding you may have will be much lighter.

How is it given?

It is given into the muscle of your upper arm or thigh ('intra-muscular') once every 3 months and can be used in the long-term.

Depo-Provera has to completely leave your body before ovulation can resume and this can take up to 1 year after your last injection if you have been on it for a long time. For this reason, it is not advisable to use it if you wish to try for a family soon after treatment.

Are there any side effects?

Some women have reported weight gain (up to 7lbs) in the first 1-2 years of use.

Other common side effects are bloating, acne and breakthrough bleeding which usually settle in a few months.