



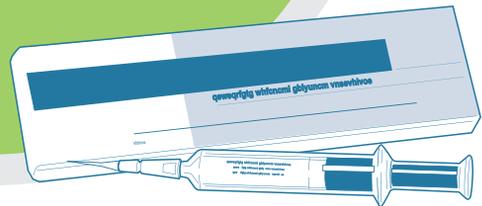
مؤسسة الرعاية الصحية الأولية  
PRIMARY HEALTH CARE CORPORATION

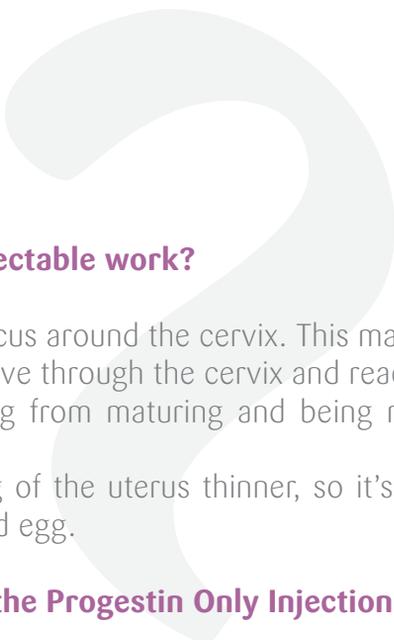
# Progestin Only Injection For birth spacing



[www.phcc.qa](http://www.phcc.qa)

**The Progestin-only injection (POI)** is a form of contraceptive used by women to prevent pregnancy. The injection is given into the muscle. It only contains the Progestogen hormone that is similar to the natural progesterone women produce in their ovaries.





## How does the injectable work?

- Thickens the mucus around the cervix. This makes it difficult for sperm to move through the cervix and reach an egg.
- Prevents the egg from maturing and being released from the ovary.
- Makes the lining of the uterus thinner, so it's less likely to accept a fertilized egg.

## How effective is the Progestin Only Injection?

If used correctly, it is 99.5% effective in preventing pregnancy.



## Advantages of use

- You do not need to remember to take it every day.
- Pregnancy is prevented for 3 months after the injection is given.
- It does not have a direct effect on breast milk production, so it can be used 6 weeks after childbirth, along with breastfeeding.
- It does not interfere with sexual intercourse.
- It reduces menstrual cramps.
- Some studies suggest that it may prevent uterine and ovarian cancer.
- The injection is not affected by other medicine.

## Disadvantages of use

- The injection cannot be removed once given. Any side effect will last for more than 3 months, until the progesterone hormone returns to its normal level in the blood.
- Some women may not ovulate for 6-8 months after stopping the injections. In some cases, it can take more than a year before fertility returns.
- Menstrual period may become irregular, light or more frequent or stop altogether.
- The high dose of progesterone in the blood may lead to some thinning of bone. The bone reverts back to normal once you stop taking the progestogen injection.
- It may cause temporary side effects at the beginning of use like worsening of acne, breast tenderness, headache, nausea and weight change.

**If you experience any side effects after taking the medication, inform your healthcare professional.**

## When can the Progestin Only Injectable be given?

- The first injection should be given during the first 1-5 days of your period. If the injection is given after day five of your period, then you need to use an additional contraceptive method for the next 7 days.
- After giving birth, the injection can be given before or on day 21, if you are not breastfeeding. If you receive the injection after day 21 of your delivery and your menstruation does not return, you need an additional contraceptive method for 7 days.
- If you are breastfeeding, delay the injection until 6 weeks or 42 days after birth delivery.
- After miscarriage, you can take the injection between days 1-5. If the injection is given after day 5 since your miscarriage, then you need an additional contraceptive method, like condoms, for the next 7 days.

## When to get the next Progestin only Injection?

- Your next injection should be taken 12 weeks (3 months) for Depo-Provera and 8 weeks (2 months) for NET-EN after your first injection. Make sure to ask your health care provider when your next injection will be before you leave the clinic.

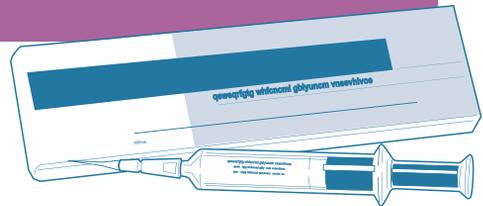
## Return of fertility:

This is a long acting reversible contraceptive method, which means your fertility or chance to get pregnant will take a while to resume once you stop getting the injection, (about 6-8 months).



Remember

Not everyone can use **Progestin only Injectable** as there are certain conditions that may not allow for the use the injection. As such, it is essential to mention any illness or operation you have had. Consult your physician/health care professional at your registered health center prior to use and if you need more information on contraceptive methods.



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