

WHAT ARE INJECTABLES?

- Having an injection every 2 or 3 months depending on the type.
- Two Types:
 - Depot Medroxy Prosterone (DMPA) which is injected every 3 months.
 - Norethisterone Enantate (NET-EN) which is injected every 2 months.

HOW DOES IT WORK?

- Injectibles work mainly by preventing ovulation and thickening the Cervical Mucus which stops the sperms from entering the uterus (womb).

“If used correctly, the contraceptive injection is more than 99% effective. It lasts for 8 or 13 weeks (depending on which injection you have) so you don’t have to think about contraception every day or every time you have sex during this period.”

WHEN CAN ONE START?

- Within 7 days after the start of menstrual bleeding.
- A woman can start with no extra protection six weeks to until six months after childbirth, if she is fully (nearly fully) breastfeeding and menstruation has not started.
- If a woman is not breastfeeding and 4 weeks postpartum.
- If not breastfeeding and more than 4 weeks postpartum, a woman should abstain from sex or use protection for the next 7 days.
- 1 week after abortion.
- If switching from another method:
 - Mini-Pills: you can start now.
 - Implants: you can start now.
 - Intra-Uterine Contraceptive Device (IUCD): If you started your menstrual bleeding 7 days ago, you can start injectables now but you must leave the IUCD in until the next menstrual period.

For more information about contraceptives or Family Planning, please contact the Republic of Palau Ministry of Health - **Family Health Unit at (tel): 488-2172** or follow us on Facebook: <https://facebook.com/FHUPalau>.

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Family Health Unit
Republic of Palau Ministry of Health



Injectables

Learn more about Family Planning and the different types of contraceptives that can prevent unwanted pregnancies and prevent the spread of sexually transmitted diseases.

For more information, call the **MOH Family Health Unit at 488-2172.**

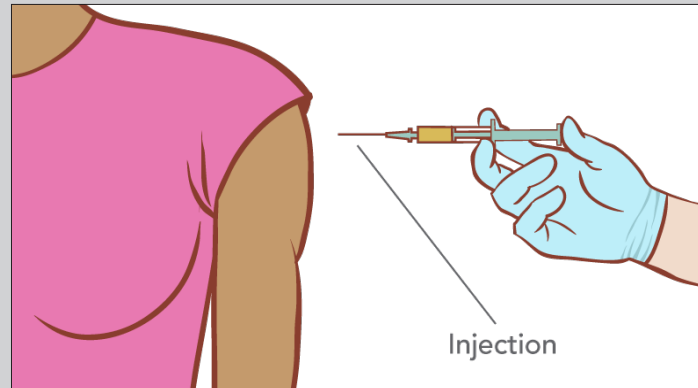
BASICS OF THE CONTRACEPTIVE IMPLANT

INJECTABLE BENEFITS

- Injectables are very effective and safe.
- Injectables are private, no one will know.
- Injectables do not interfere with sexual intercourse.
- Injectables does not suppress breastmilk supply.
- Injectables are easily administered.

SEE A NURSE OR DOCTOR IF:

- If you experience very bad headaches.
- If you experience unusually heavy or long bleeding.
- If your skin or eyes turn yellow.



The contraceptive injection steadily releases the hormone progestogen into your bloodstream, which prevents the release of an egg each month (ovulation). It also thickens the cervical mucus, which makes it difficult for sperm to move through the cervix, and thins the lining of the womb so a fertilised egg is less likely to implant itself.

IMPORTANT INFORMATION

- Menstrual changes:
 - Expected & common during first few months.
 - Irregular bleeding and spotting are common initially.
 - No monthly bleeding after first several months.
 - Heavy bleeding is rare.
- Bone mineral density decreases slightly during DMPA use but increases again after stopping. It is not known whether this leads to increased fractured risk.
- Monthly bleeding
- Irregular bleeding/Spotting
- Weight gain
- Mild headaches/Dizziness
- Vaginal dryness
- Mood changes
- Nausea

WHO CAN USE IT?

- Women who may forget to take a pill daily or who cannot take oestrogen-containing contraceptives.

WHO SHOULD NOT USE IT?

- Women who may be pregnant.
- Women who are breastfeeding and less than 4-6 weeks postpartum.
- Women who are suffering from the following conditions:
 - Breast cancer
 - Very high blood pressure
 - Stroke or problem with heart or blood vessel
 - Diabetes for more than 20 years
 - Has 2 or more risk factors for heart disease
 - Blood clot in lungs or deep in legs
 - Liver problems or jaundice
 - Unexplained vaginal bleeding

INJECTABLE LIMITATIONS

- Injectables have possible side effects such as monthly bleeding, irregular bleeding & spotting, weight gain, mild headaches, dizziness, vaginal dryness, mood changes, and nausea.
- Injectables do not provide protection against Sexually Transmitted Infections (STIs) and HIV/AIDS.
- It takes longer to become pregnant after you stop using injectables.