

## A TOOL FOR RCH COMMUNITY HEALTH CARE WORKERS AND CLIENTS

### Use of Depo-Provera and Risk of HIV Infection

What is the relationship between Depo-Provera and HIV?

- There MAY be an association between Depo-Provera and increased risk for HIV.
- Some research has found that women who use Depo-Provera and are exposed to HIV are slightly more likely than other women to get an HIV infection.
- Currently the meaning of these findings is not clear. We do not know whether or not this method causes this higher risk for HIV.
- A more rigorous study is currently being done to try to gather more evidence about if Depo-Provera increases a woman's risk for getting HIV.

### What do you advise?

- Depo-Provera is safe for all women to use, but MAY be associated with an increased risk of HIV.
- You should think about your life and the possible risks associated with pregnancy, such as illness or possible death for your or your infant, and compare that to your possible risk for HIV infection or passing HIV to your child, making the choice that is best for your life.
- These are also many other possible family planning options for someone who may be at risk of HIV and does not want to use Depo-Provera. Other hormonal methods such as implants and oral contraceptive pills, and non-hormonal methods such as Copper-T and condoms are very effective in preventing unintended pregnancy when used consistently and correctly.
- You are free to choose whichever family planning method best suits you. I can provide you with comprehensive counselling on all risks and benefits from the full range of available FP methods to help you make your decision.

### Remember

- Hormonal contraceptives such as implants, oral contraceptives, injectables and other methods such as Copper-T and condoms are very effective in preventing unintended pregnancy when used consistently and correctly.
- You should always use a condom if you think you may be at risk for HIV or other STIs.
- It is a good idea to practice dual method use, which means using both a condom and another type of family planning method, to help prevent both unintended pregnancy and HIV/STIs.