



## Depo-Provera

Injectables is a family planning method which is given after every three months. Injectables contains progesterone hormone, which is similar to the body progesterone that a women usually carry which is released gradually in the body.

- It is safe and very effective
- Doesn't affect breastfeeding. It can be used immediately after delivery
- Helps to prevent cervical cancer and swelling
- Menstruation cycle changes may occur for some of the users, this include
  - o Changes or longer menstrual cycle for the first three months
  - o Prolonged cycle and frequent changes in the menstrual cycle
- A woman living with HIV or who is using ART can use injectables
- A woman living with HIV is supposed to use a condom so as to prevent new HIV infection and STIs
- Injectables MAY increase an HIV-negative woman's likelihood of getting HIV
- Women considering injectables can minimize this risk through the use of condoms