

WHAT ARE THE POSSIBLE SIDE EFFECTS OF USING DEPO SUBQ?

Some users do not experience any side effects with this method, but some may experience the following:

- Changes in menstrual bleeding pattern (maybe prolonged initially, then shorter periods, no periods, breakthrough bleeding or 'spotting');
- Nausea;
- Mood changes;
- Headache;
- Reduced interest in sex;
- Stomach feeling bloated;
- May gain or lose a bit of weight.

The side effects may improve or disappear as your body adjusts to the medicine, but if you are concerned, speak with a health care provider.



RUMOURS AND MISCONCEPTIONS ABOUT DEPO SUBQ

Depo SubQ does not:

- Cause cancer;
- Cause infertility;
- Cause building up of menstrual blood in the woman's body;
- Disrupt existing pregnancy;
- Require a rest period between injections.

REMEMBER

- + DMPA Sub-Q protects you from pregnancy but it does not protect you from STIs & HIV.
- + Only CONDOMS protect against pregnancy, STIs and HIV.

If you need more information or have questions on this method, please see a health care provider.



BASIC FACTS ABOUT

DEPO-SUBQ "CHUK"



For reliable family planning, use Depo-SubQ.

It is safe, effective and easy to use.



WHAT IS DEPO SUBCUTANEOUS?

Depo Subcutaneous (Depo SubQ) is a single dose, prefilled, injectable contraceptive that contains the hormone progesterone. It is a new formulation (version) of the well-known Depo-Provera injection and equally effective. Like Depo-Provera, Depo SubQ protects against pregnancy for three months. It is 99% effective in preventing unintended pregnancy when given timely and correctly.

WHO CAN USE DEPO SUBQ (CHUK)?

Depo SubQ can be used by all sexually active women and young females of all ages including those who:

- Are breast feeding (six weeks after childbirth);
- Have sickle cell disease;
- Have or have not had children;
- Are married or single;
- Are HIV positive with exception of those on ARVs.

WHO CANNOT USE DEPO SUBQ (CHUK)?

Depo SubQ should not be used by women who have or have had the following conditions:

- Liver disease or tumor;
- Gall bladder disease;
- Thrombo-embolism (formation of blood clots in the vessels);
- Any bleeding disorder;
- Serious heart problems (stroke, heart attack);
- Breast cancer;
- Unexplained vaginal bleeding;
- Is on special medication.

WHEN CAN YOU START DEPO SUBQ INJECTION?

- Any time as long as you are not pregnant;
- At least six weeks after childbirth.

HOW IS DEPO SUBQ (CHUK) ADMINISTERED?

It is injected into the fatty tissue below the skin (subcutaneously) in the front thigh, abdomen or back of the upper arm, either by a trained service provider or by the client herself.

HOW IS DEPO SUBQ SIMILAR TO DEPO IM?

1. They both contain the same and only one hormone (progesterone).
2. They are both given every three months (13 weeks).
3. They have a similar reinjection grace period of two weeks (meaning you have up to two weeks after the three months are over, to get your next injection).
4. They are both equally effective.
5. They have the same side effects, except that Depo SubQ might cause temporary irritation at the injection site.

DIFFERENCES BETWEEN DEPO SUBQ AND DEPO IM

Feature	Depo SubQ	Depo-Provera (Depo IM)
Package	Prefilled Uniject syringe (syringe already contains Depo SubQ)	Vial and syringe (you have to fill the syringe)
Type of injection	Subcutaneous (in the fatty tissue under the skin)	Intramuscular (deep into the muscle)
Where to inject	<ul style="list-style-type: none">• Anterior thigh (front of thigh)• Abdomen• Back of arm	<ul style="list-style-type: none">• Upper arm below the shoulder blade (deltoid muscle)• Hip• Buttocks