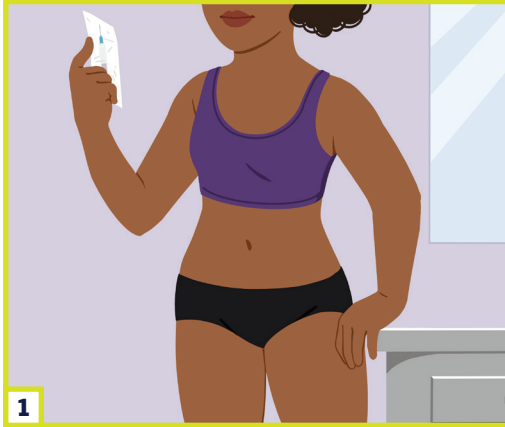
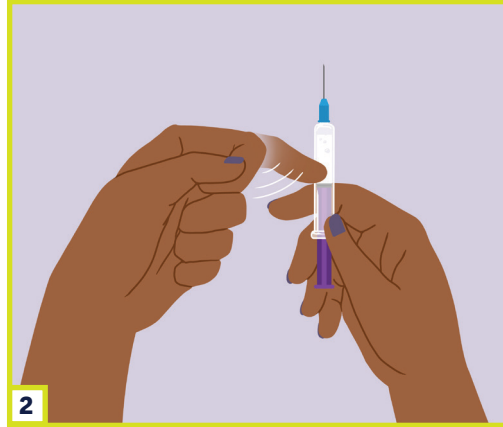


# SELF-ADMINISTERED SHOT

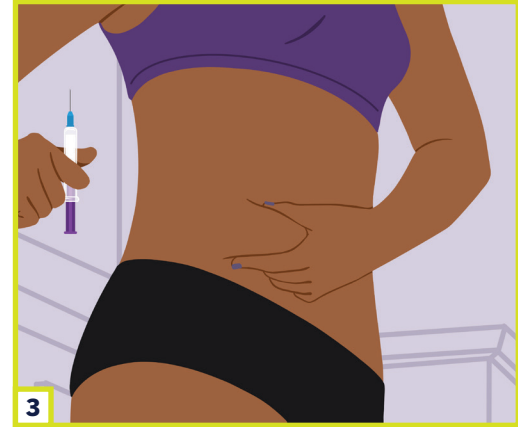
## HOW TO SELF-ADMINISTER THE SHOT



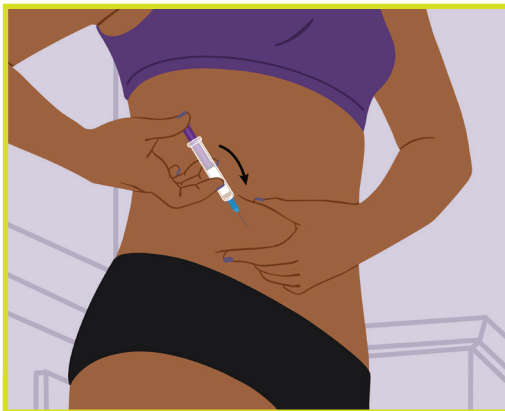
**1** Wash hands and determine the area on your stomach where you'll inject the medicine. Clean the selected area with an alcohol pad.



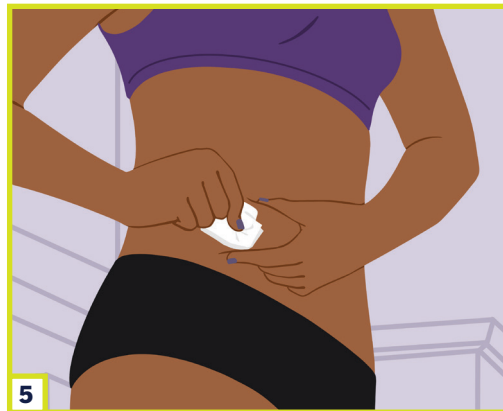
**2** Remove the syringe from its package, and shake for 1 minute. Take the cap off and hold the needle pointing up. Tap the syringe to shake bubbles to the top. Slowly push the plunger until all the bubbles are out of the syringe.



**3** Hold the syringe in your dominant hand and use your other hand to grab the skin around the injection site.



At a 45 degree angle, insert the needle all the way into your skin so the needle almost disappears below your skin. Slowly press the plunger all the way and keep the syringe in place for 5-7 seconds.



**5** After 5-7 seconds, extract the needle from skin and apply pressure to the injection site with a tissue, toilet paper square, cotton ball, or gauze.



**6** Dispose of the needle in a sharps container. If you experience any swelling, redness, pain, or fluid drainage at the injection site, call your healthcare provider.

### HOW IT WORKS

The shot releases hormones to prevent your body from releasing an egg. It also thickens cervical mucus to make it harder for sperm to swim to an egg, if released.

### HOW OFTEN YOU USE IT

You need to administer a shot every 3 months; that's 4 times a year.

### EFFECTIVENESS

Typically, **94%** of people don't become pregnant.

### STORAGE

Store in a dry place, ideally between 59–77°F.

### HOW TO GET IT

A healthcare provider will provide a prescription for Depo-SubQ prefilled syringe, sharps container, and alcohol pads that is filled at a pharmacy for self-injection at home.

### COST

The shot costs between \$0–150 which could cost \$0–600 in a year. If you have insurance, the shot is typically low- or no-cost.

### VISIBILITY

If you want to keep it private, you'll need to store the needles and sharps container in a private place.

### ADDITIONAL INFORMATION

- Requires 4 visits per year
- Light or missed period
- Irregular bleeding for 6-12 months
- Weight gain and headaches
- A healthcare provider can train you to self-administer at home

**If you notice any concerning changes, reach out to your healthcare provider immediately.**

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.



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