**PROVIDER-ADMINISTERED SHOT**

**HOW TO GET THE SHOT**

1. **Call or schedule an appointment online** with a healthcare provider to receive the shot (also known as Depo-Provera). Make sure to ask if you’ll need to bring the Depo-Provera medication to the appointment.

2. **At your appointment**, your healthcare provider will administer the shot in your arm or buttock. The area where the shot is administered might be mildly sore or irritated afterward.

3. **Before leaving your appointment**, schedule a follow-up visit for 3 months later. If you’re more than 3 weeks late getting your shot, use another birth control method until you receive your next injection.

**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 get a shot every 3 months; that’s 4 times in a year.

If you’re more than 3 weeks late getting your shot, use another birth control method until you receive your next injection.

**EFFECTIVENESS**

Typically, 94% of people don’t become pregnant.

**HOW TO GET IT**

A healthcare provider administers the shot.

**COST**

Each 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**

No one can tell that you are using the shot; it’s very private.

**STI PROTECTION**

The shot does not protect against STIs. Be sure to use a barrier method.

**ADDITIONAL INFORMATION**

- Light or missed period
- Requires 4 visits per year
- A healthcare provider can train you to self-administer at home
- Weight gain
- Headaches
- Irregular bleeding in the first 6–12 months

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

Learn more at hellogreenlight.org/shot