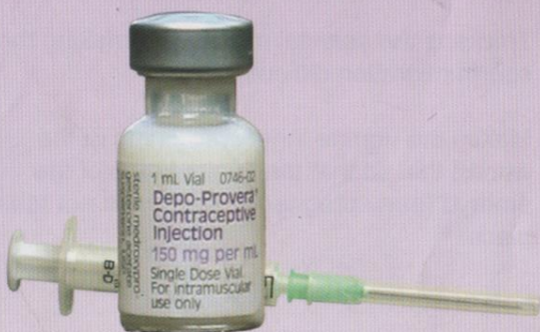


What You Should Know About The INJECTION DMPA



- **Safe**
- **Effective**
- **Reversible**
- **Convenient**

What you should know about Injections

- Injection is an effective contraceptive method.
- It is a hormonal preparation (progesterone) taken at three monthly intervals. Each dose contains 150mg of Depo Medroxy Progesterone Acetate (DMPA).
- It is injected deep into your muscle. The hormone is released slowly from the muscle into the blood stream.

How does Injections work?

- It prevents the release of eggs (ova).
- Thickens the cervical mucus and making the sperm migration difficult.
- Makes the uterine inner wall (lining of the womb) thin so that the implantation of the embryo (early pregnancy stage) will not take place.

When to start?

- **Having periods**
Within first 7 days of periods.
- **After child birth**
6 weeks after child birth
- **After abortion**
Within the first week of abortion.

What are the advantages?

- **Effective**

It is 97% effective if used properly.

- **Breast Feeding**

It is safe for breast feeding mothers.

- **No effect on sexual intercourse**

- **Affordability and availability**

Provided at low cost at Family Planning clinics and free at the MOH Clinics around the country.

- **Convenience**

Need to take once every 3 months.

Are there any disadvantages?

- It may take around 4 months after stopping the injection, for fertility to return.
- Dose not protect against Sexually Transmitted Infections.

Side effects

- Changes in the menstrual cycle - You may get irregular menses or no menses at all.
- Headaches and dizziness.
- Mild breast pain and swelling.

Myths about the Injections

Injections will stop the monthly bleeds

Most of the time you will not bleed monthly. But it's not harmful to the body.

Cancers can occur when you are not having menses

NO. Actually the inner lining of the womb is thinner and the risk of womb cancer is reduced. Also as the ovulation is suppressed the risk of ovarian cancer is also reduced.

Injections will make you fat

NO. The injection does not make you fat. But the progesterone in the injection increases your appetite. This causes you to eat more and gain weight. If you are careful about your meals and exercise this will not affect you.

Who are the best candidates for Injections?

Injection (DMPA) is a perfect method of contraception for couples who want to space their pregnancies and for breast feeding mothers who want a reversible contraceptive method.



enriching relationships

Family Planning Association of Sri Lanka

FPA Sri Lanka, the Pioneer in Sexual and Reproductive Health since 1953, caters to your SRH needs through its Centre for Family Health.

Centre for Family Health

37/27, Bullers Lane, Colombo 7

Tel : 011 2 555 455

Fax : 011 2 55 66 11, 2 580 915

E-mail : cfh@fpasilanka.org

Monday - Friday 8.00a.m. - 4.00p.m.

Closed on

Weekends, Poya and Mercantile Holidays

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happy@happylife.lk

TELEPHONE

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இனவிரும்பத்திற் சுகாதாரம் தொடர்பான தகவல் வைத்திய ஆலோசனைகள் உள்ளளத்துவ சேவைகளை
இங்கு குறிப்பிட்டுள்ள எந்தொரு முறையிலும் பெற்றுக்கொள்ளுங்கள் முடியும்

Obtain information, medical advice or counseling services on reproductive health using these methods

Health First



CONSULTATION ON

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- ▶ Menstruation problems
- ▶ Gynecological related problems
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- ▶ General Health Check

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