

California State University, Dominguez Hills
STUDENT HEALTH CENTER
Depo Provera (DMPA) CONSENT FORM
(310) 243-3629

Depo Provera is a derivative of progesterone, one of the hormones produced during the normal menstrual cycle. Unlike combined birth control pills it does not contain estrogen. It prevents pregnancy through several different mechanisms, including suppression of ovulation (inhibiting the release of an egg). Anyone who is sexually active should have pap smears at regular intervals (current recommendation is every 3 years) and screening for Sexually Transmitted Infection (STI) as per recommendation of a medical provider.

Effectiveness

If taken according to the instructions, Depo Provera is 99.7% effective in preventing pregnancy. *Since Depo Provera provides no protection against sexually transmitted diseases including HIV/AIDS, the most effective way of preventing infection, other than abstinence, is to use condoms.*

Benefits

I understand that women may experience the following benefits from using Depo Provera:

Decreased menstrual cramps	Ability to breastfeed safely
Decreased menstrual bleeding	Improvement in anemia (if any did exist)
Possible amenorrhea	Less risk of benign breast tumors and ovarian cysts
Less risk of cancer of the uterus or ovaries	

Risks

DMPA is a contraceptive injection approved for use in the U.S. The injection has been tested extensively in the U.S. since the 1960s and is presently used as a contraceptive in more than 90 countries. Most studies confirm that it is very safe. However, each woman's ability to tolerate this method is individual and there are sometimes contraindications to its use. I have been told to watch for the following *danger signals* and to return to The Student Health Center or make contact with another medical provider immediately if one of the following problems occurs:

CAUTION:	Development of blood clots in the extremities	CONTRAINDICATIONS:
	Sudden onset visual problems	Current or past history of blood clots
	Fluid retention in hands and feet	Pregnancy – known or suspected
	Increased depression	Liver disease or dysfunction
	New onset or increased seizure activity	Breast cancer – known or suspected
	Severe abdominal pain	Undiagnosed vaginal bleeding

I am aware that while using Depo Provera, up to 50% of women experience spotting or break-thru-bleeding during their early cycles of use. Amenorrhea, (lack of menstruation) frequently develops with prolonged use and is not considered a *medical* problem. Continued amenorrhea after the last injection of Depo Provera and delay in conception can last up to 12-18 months. I could have some of the following side effects, many of which can be temporary:

Potential minor side effects

Spotting between periods
Mood changes
Dark spots in skin on face
Weight gain

Potential major side effects (rare)

Blood clots	Ectopic pregnancy
Abnormal Glucose Tolerance	Liver Disease
Heart Disease or stroke	
Decreased bone mass	

I have been informed that most of the serious problems can occur at any time. I have been told that I should use a backup method of birth control for at least 1 week after starting on Depo Provera.

I have read all of the above information and willingly choose Depo Provera for my birth control method. I have had all my questions regarding this and other available methods answered to my satisfaction.

Signed _____ Date _____

Printed Name _____ Witness _____

Student I.D.#: _____

cc: Chart (White)
Patient (Yellow)