

Carry your MPA card for every visit to the facility



Do not give hot fomentation on the injection site

Wrong

It leads to infertility in women

It leads to
weakening
of bones

Wrong


Wrong

Wrong



Wrong

Wrong

Options for spacing between births



Interval / PPIUCD



Female sterilization



a new method of contraception for women

Antara Programme

Information for Clients



Family Planning Division
Ministry of Health and Family Welfare
Government of India

1

What is Injectable Contraceptive (MPA)?

Injectable (MPA) is an intramuscular hormonal contraceptive method for women that provides 3 months' protection with a single dose.

2

Who can opt for Injectable Contraceptive (MPA)?

Injectable contraceptive is safe and suitable for nearly all women, including those who are unmarried and have no children.

3

When can I opt for Injectable Contraceptive (MPA)?

Injectable contraceptive (MPA) can be opted at any time after proper screening.

The first dose can be taken:

- ★ Anytime after regular menstruation; Or
- ★ After 6 weeks of delivery; Or
- ★ Immediately after abortion

4

If I don't have my periods after using Injectable Contraceptive (MPA), does it mean I am pregnant?

Chances are rare. But if a dose is missed or there are other signs of pregnancy, it is advised to contact your provider / doctor to rule out the same.

5

What if I miss a dose on the due date?

Don't worry! Injectable contraceptive can be taken:

- ★ Upto 2 weeks prior to assigned date of dose; Or
 - ★ Upto 4 weeks post the assigned date
- If the due date exceeds by 4 weeks, a dose can be taken immediately, along with a backup method (condom) to be used for the next 7 days.

6

How long can I use Injectable Contraceptive (MPA) for?

Injectable contraceptive can be used for as long as you want and need protection from pregnancy.

Each injection gives protection for 90 days (i.e. 3 months). Ensures clients' privacy and confidentiality

It can easily be administered in the arm, thighs or buttocks

It is a good option for women who want to delay childbearing for the first and subsequent births

It is a reversible method of contraception with no effect on fertility

It is an effective and safe option for breast-feeding women (after 6 weeks of delivery)

It reduces menstrual cramps and improves anemia by reducing blood loss

It is a safe method for most women, including those with HIV/AIDS

Why Injectable Contraceptive is the right choice for you

Possible (non-harmful & reversible) effects of Injectable Contraceptives (MPA):

Menstrual irregularities: Light / heavy / no monthly bleeding

Delay in return to fertility (7-10 months from last dose of injection)

Slight weight gain

Headache

Mood swings