Information for Clients

Injectable Contraceptive (MPA)
a new method of contraception for women

Dos & Don’ts:

Do
Take your dose as per scheduled date on MPA card

Do
Carry your MPA card for every visit to the facility

Don’t
Do not massage the injection site

Don’t
Do not give hot fomentation on the injection site

Misconceptions related to Injectable Contraceptives (MPA):

Wrong
It leads to infertility in women

Wrong
It leads to weakening of bones

Wrong
It cannot be used by adolescent women

Wrong
It leads to changes in blood pressure

Wrong
It may cause cancer (breast / cervix / endometrium / liver)

Wrong
It may cause abortion or birth defects

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Wide range of contraceptive choices available under the National Family Planning Programme:

Options for spacing between births

Contraceptive Injection

Antara

Contraceptive Pill

Nirodh

Contraceptive Delay

Ezy Pill

Contraceptive Intrauterine Device

Female sterilization

Male sterilization

Options for limiting births

Option for Spacing Between Births

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Wide range of contraceptive choices available under the National Family Planning Programme:
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.

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.

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.

What is Injectable Contraceptive (MPA)?

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

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;
- 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.

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

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

Why Injectable Contraceptive is the right choice for you

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

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
- It is a safe method for most women, including those with HIV/AIDS
- It reduces menstrual cramps and improves anemia by reducing blood loss
- It is an effective and safe option for breast-feeding women (after 6 weeks of delivery)
- It is a reversible method of contraception with no effect on fertility
- 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 an effective and safe option for breast-feeding women (after 6 weeks of delivery)