

FACTS ABOUT INJECTABLE CONTRACEPTIVE

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ABSTRACT

Contraception is the intentional prevention of conception through the use of various devices and methods. This article discusses on important and effective method of contraceptive injectable contraceptive, it is hormonal injection, has many benefits and wrong conceptions.

KEY WORDS: Injectable contraceptive, facts, benefits.

INTRODUCTION

The number of women desiring to use family planning has increased markedly over the past two decades, from 900 million in 2000 to nearly 1.1 billion in 2020. Consequently, the number of women using a modern contraceptive method increased from 663 million to 851 million and the contraceptive prevalence rate increased from 47.7 to 49.0 per cent. There are various methods of contraception among them the safest and effective contraceptive is injectable contraceptive, as every contraceptive has its myths and facts, this article gives facts and information on injectable contraceptive to a woman.

What is injectable contraceptive?

Injectable contraceptive Depot-Medroxyprogesterone Acetate (MPA) is a hormonal contraceptive given intramuscularly for women to provide protection from conception for about three months with a single dose.

How it works?

- it prevents monthly ovulation
- it thins endometrium so that it affects egg implantation
- it also block sperm entry with thicken cervical mucus

Who can opt this injection?

- suitable in all women irrespective of married or unmarried having children or not.

What are the benefits of Injectable contraceptive?

- Each injection protects for 90 days and ensures women confidentiality
- It can be administered in the arm. Thighs or buttocks
- It is good option for women who want to delay childbearing for the first and subsequent births

- It is 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

What are the non harmful and reversible effects of injectable contraceptives?

- Delay in return to fertility that is 7-10 months from last dose of injection
- Slight weight gain
- Menstrual irregularities either light, heavy or no monthly bleeding
- Headache
- Mood swings

What are WRONG conceptions related to injectable contraceptives?

- It leads to infertility in women
- It leads to weakening of bones
- It cannot be used by adolescent women
- It may cause abortion or birth defects
- It leads to changes in blood pressure
- It may cause cancer breast, cervix, endometrium and liver.

What are the things to keep in mind when choosing injectable contraceptive?

- The first dose can be taken,
 - Anytime after regular menstruation
 - After six weeks of delivery

- Immediately after abortion
- Every three months the injectable contraceptive has to be taken (if woman wants to extend her contraceptive)
- The due date of injectable contraceptive has to provide with date and dose.
- 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 back up method like condom to be used for the next 7 days.
- Injectable contraceptive can be used as long as woman need protection from pregnancy.
- If a dose is missed and there are signs of pregnancy, it is advised to contact doctor to rule out the pregnancy.

Who should avoid taking injectable contraceptive?

Women with,

- Breast cancer past/present
- Active hepatitis or liver tumor
- Desire for rapid return to fertility
- Stroke or severe diabetes
- Unexplained vaginal bleeding

CONCLUSION

Injectable contraceptive is reversible contraceptive, effective for long duration contraception.

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