

# YOU MADE A GREAT CHOICE!

FP METHOD

Injectable

EFFECTIVENESS

96%

Most Filipinas just like you use the injectable successfully. Here are some tips to help you become successful too.



## HOW TO USE IT:

All you need to do is remember when to come back and get the next injectable. Aside from that, there's nothing else you need to do!

- 📅 Mark your calendar to return to the clinic for your next shot. You can set an alarm or reminder on your phone.
- 📅 Ask your partner to remind you. He can set an alarm or reminder on his phone too.

## BENEFITS OF USING THE INJECTABLE:

- 📅 You're protected from pregnancy. Love without worry!
- 📅 The injectable doesn't interfere with sex.
- 📅 It's effective, and reversible.
- 📅 It's private. No one knows you're using the injectable.
- 📅 If you're breastfeeding a baby, you can use an injectable.
- 📅 You can stop using the injectable when you already want to get pregnant.

MY INJECTABLE BRAND IS: \_\_\_\_\_.

I should get another injectable by: \_\_\_\_\_ (month/year).

I can remember the date because it's just after \_\_\_\_\_ and just before \_\_\_\_\_.

MY PROVIDER'S NAME IS: \_\_\_\_\_.

Their address is: \_\_\_\_\_.

Their phone number is: \_\_\_\_\_.

## MOST PINAYS USE THE INJECTABLE WITHOUT A PROBLEM

But some may experience the following:

*Don't worry, these experiences are normal. They will go away in a few weeks or months.*

Some changes in monthly bleeding. Your period may be heavier or lighter than usual. It may be irregular or infrequent, or longer than usual.

You may not have a monthly bleed while you're using the injectable.

These changes to your monthly bleeding are normal, and they're not harmful.

Some women who use the injectable gain a little weight, some have headaches, and some experience dizziness.

## JUST SO YOU KNOW...

Light or no bleeding at all is common when using the injectable. While a woman uses a hormonal method of family planning (like the injectable, implant, or pill), her body does not grow a lining in her uterus. Since there's no lining, the lining does not need to be shed as menses.

*Irregular bleeding, light bleeding, or no bleeding at all, is not harmful. It is similar to not having monthly bleeding during pregnancy because of the effects of the hormones. You are not pregnant and blood is not building up inside your body.*

Injectables work by preventing ovulation. They temporarily stop your body from releasing eggs from your ovaries, so you won't get pregnant.

## IMPORTANT POINT

Some women who use a hormonal method (like the injectable, implant, or pill) stop having periods. This doesn't mean that you are pregnant or that you won't be able to get pregnant when you stop using the injectable.

## WHAT DO I DO IF I WANT TO GET PREGNANT?

The injectable will prevent pregnancy for 2-3 months, depending on the brand. If you want to get pregnant, you just need to wait until the injectable wears off. It may take a few months, but eventually your menstrual cycle will return, and you can get pregnant. It's easy!

For more information, go to [WWW.USAPTAYOSAFAFP.COM.PH](http://WWW.USAPTAYOSAFAFP.COM.PH) or contact the Usap Tayo sa FP Helpline at 09175970770 and 09988652810.

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