

Fact Sheet - Chinese

避孕針劑 - DMPA

The Contraceptive Injection - DMPA



什麼是避孕針劑 (DMPA) ?

DMPA代表的意思是醋酸甲羥孕酮，這就是避孕針劑。澳洲的避孕針劑稱為Depo-Provera®或Depo-Ralovera®。它是一種化學物質，類似於由卵巢產生的孕酮激素。每次注射DMPA可讓女性避孕12個星期。



避孕針劑如何起作用？

避孕針劑阻止您的卵巢釋放卵子。如果沒有卵子釋放出來，就無法懷孕。

避孕針劑的效果如何？

避孕針劑的有效率在94%和99%之間，這意味著每一百名使用避孕針劑的女性中有一至六人會在一年內懷孕。

哪些人可以使用避孕針劑？

很多女性都可以使用避孕針劑，它對於在相當長一段時間內不希望懷孕的婦女來說可能比較適合。對於覺得有困難記住服用避孕藥的婦女來說也可能比較適合。如果您正在用母乳餵養，包括您的寶寶是小於6周的情況下，避孕針劑的使用是安全的。

哪些人不應使用避孕針劑？

可能已經懷孕的婦女不應使用避孕針劑，有乳腺癌等一些疾病的婦女也不應使用。由於避孕針劑對骨質密度的影響，通常不建議18歲以下或45歲以上的婦女將使用避孕針劑作為第一選擇。重要的是要向您的醫生諮詢，以確保避孕針劑的使用對您來說是安全的。

避孕針劑是否有任何副作用？

使用避孕針劑，會經常出現月經不調。您可能幾個星期有輕微的經血，或者您的月經可能會完全停止。您使用避孕針劑的時間越長，就更有可能會停止任何經血。這個情況是正常的。有些婦女在使用避孕針劑時可能會體重增加、出現頭痛、情緒波動或痤瘡。長期使用避孕針劑可能導致骨質密度輕微下降，這種現象在停用避孕針劑時似乎是可逆轉的。如果您出現了任何癥狀，並認為可能是由避孕針劑引起的，請向您的醫生諮詢。

如何使用避孕針劑？

醫生會在您的臀部或上臂注射小劑量的避孕針劑。通常在您的月經周期（月經首日是第一天）的前五天注射。在這個時候注射，可立即阻止您懷孕。如果您此時不會有懷孕的機會，那您可以在這之後注射，但要再過七天後才會開始有效。在這期間您需要使用其它的避孕措施，如避孕套。

重要的是您要保持每隔12個星期就進行注射，以確保您不會懷孕。

如何獲取避孕針劑？

您需要去看醫生或去家庭生育計劃診所取得避孕針劑的處方，然後醫生就會為您注射。

我還需要了解哪些其它事項？

當女人停止使用避孕針劑後，其月經通常需要八個月或以上才會回到正常周期。因此，DMPA注射停止後可能需要相當長一段時間才能懷孕。

欲了解更多的信息

- 打電話1300 658 886聯系新南威爾士州家庭生育計劃協會 (Family Planning NSW) Talkline 或訪問 www.fpnsw.org.au/talkline
- 全國轉接服務 (NRS, 為失聰人士提供) 133 677
- 或親臨您附近的家庭生育計劃診所

www.fpnsw.org.au | talkline 1300 658 886 | 書店

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新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

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Fact Sheet - English

THE CONTRACEPTIVE INJECTION - DMPA



What Is The Contraceptive Injection (DMPA)?

DMPA stands for Depot Medroxyprogesterone Acetate. This is the contraceptive injection. The contraceptive injection available in Australia is called Depo-Provera® or Depo-Ralovera®. It is a chemical that is similar to a hormone called progesterone, which is produced by the ovaries. Each injection of DMPA protects a woman from getting pregnant for 12 weeks.



How Does The Contraceptive Injection Work?

The contraceptive injection stops your ovaries from releasing an egg. If no egg is released, you cannot become pregnant.

How Well Does It Work?

It is between 99% and 94% effective which means that between one and six women in every hundred who are using the contraceptive injection will become pregnant in a year.

Who Can Use The Contraceptive Injection?

Many women can use the contraceptive injection. It can be good for women who do not want to be pregnant for quite a long time. It can be good for women who find it hard to remember to take the Pill. The contraceptive injection is safe to use if you are breastfeeding, including if your baby is less than 6 weeks old.

Who Should Not Use The Contraceptive Injection?

Women should not use it if they could be pregnant. They should not use it if they have had some medical conditions such as breast cancer. It is also not usually recommended as a first choice for women under 18 years of age or women over 45 years because of its effect on bone density. It is important to talk to your doctor to be sure it is safe for you to use.

Are There Any Side Effects?

Periods are often irregular with the contraceptive injection. You could have light bleeding for some weeks or your periods may stop altogether. The longer you use the injection the more likely it is that you will stop having any bleeding. This is normal. Some women may gain weight, get headaches, experience mood swings or acne while they are using the contraceptive injection. Long term users of the contraceptive injection may have a small reduction in their bone density, which appears to be reversible when the contraceptive injection is stopped. Talk to your doctor if you get any symptoms that you think might be caused by the contraceptive injection.

How Do You Use The Contraceptive Injection?

The doctor will give you a small injection of the contraceptive injection in your buttock, or your upper arm. You usually have the injection during the first five days of your menstrual cycle (the first day of a period is day one). When you have it at this time, it prevents you from getting pregnant straight away. You can have the contraceptive injection later if there is no chance that you could be pregnant, but it will take another seven days before it is effective. You need to use another method of contraception such as condoms for those days.

It is important that you keep on having injections every 12 weeks to make sure you do not get pregnant.

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FNPNSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

How Can You Get The Contraceptive Injection?

You need to go to a doctor or Family Planning Clinic to get a script for the contraceptive injection. The doctor will then give you the injection.

Is There Anything Else I Need To Know?

When women stop using the contraceptive injection, their periods often take eight months or more to return to their regular cycle. Because of this, it can also take quite a while to become pregnant after a DMPA injection.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

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