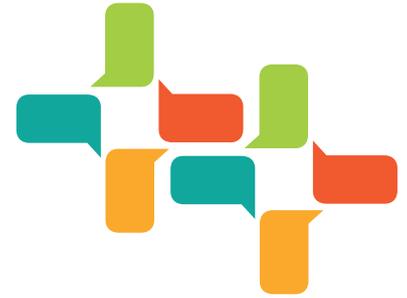


## Fact Sheet - Dinka

# TUÖM GËL LIËC (DMPA)

## The Contraceptive Injection (DMPA)



### Tuöm Gël Liëc (DMPA) Ye Kë Yindä?

DMPA ee Depot Medroxyprogesterone Acetate. Kën yen ee wäl tuöm gël liëc. Wäl tuöm gël liëc ye yooe ʏothralia a col Depo-Provera® wälä Depo-Ralovera®. Yeen ee wäl thöŋ ke ʏörmon col porogjethteron, wën bën wuök adhiëët yiic. Tuöm tööŋ DMPA ee nyantik pën liëc wik 12.



### Tuöm Gël Liëc Ye Luui Kadä?

Tuöm gël liëc ee wuök adhiëët pëen bik toŋ cī poc dhëlic. Na cīn toŋ cē puoc dhëlic, ka nyantik a cī lëu bë meth yök.

### Ye Diëc Luui Kadä?

Luon de ee rot tieŋ akuën döt 94 yet 99 buoŋtic, keya ka tieŋ tök wälä diäär ka dhëtem buoŋtic aa lëu bik liëc ruöön yic cokalön cī ke toom tuöm gël liëc.

### Yeŋa Cë Pät Bë Toom Tuöm Gël Liëc?

Diäär juääc aa ce pën tuöm gël liëc. Yeen aa path ke diäär wic yeen bik rëer ke këc liëc kaam bäric. Yeen apath ke diäär nhīm määŋ dëkdëk pil akölcebak. Tuöm gël liëc a lëu bë piath ke tiŋ thuëët meth thīn rin cīn yen kë ye nök guöp yic, gut thuëët manh aköl leŋ këc wiik ka 6 tuuöm.

### Yeŋa Cë Pën Tuöm Pël Liëc?

Tiŋ dīu rot ciët cē meth yök a cē pën tuöm. Yeen aya arac ke tiŋ cī wenh nyou kaŋ döŋ. Yeen aya arac ke nyantik këc ruöön 18 dööt wälä diäär cē ruöön 45 waan rin rec yen ke yom. Yeen apath ba dhiel jam kek akīm wälä akuonyakīm bī lëk kë ba looi.

### Leŋ Kë Lëu Bë Wäac?

Na cē nyantik gäm tuöm gël liëc ka thëk de ee yic guëël. A lëu ba kuër wiik kök wälä thëk a lëu bë kööc ebën. Na tom yīn run juääc ka tekdä kuër a lëu bë kööc. Kën ee tēde. Diäär kök aa cuai, ku ʏar ke nhīm, ku nyueenykä wälä kuk ke nyīn tē gēm keek tuöm gël liëc. Diäär cē gäm tuöm gël liëc run juääc aa lëu bë yuom ken köc, ku yuom ken aa lëu bik ben riel tē mël kek tuöm gël liëc. Jaam kek akiëm du tē leŋ yen tē ye yök wäac yī guöp ku a ye dīeu ciët ye tuöm gël liëc yen bīi yeen.

### Ye Tuöm Gël Liëc Tuöom Kadä?

Akīm a bī toom aŋuem, wälä yī kök, wäl ë tuöm gël liëc thīn nyoot. Tuöm a ye looi nīn ka dhiëny tuëŋ ke looi yīn thëk du yiic (kööl yem thëk rot yen ee kööl tuëŋ). Na tom yīn ye kaam kën, ka gël liëc nyinic. A lëu bë yī gäm tuöm gël liëc ka nīn juääc cē wan tēn göl yīn thëk du tē këc yīn röm ke moc, ku a bë nīn ka dhorou kaŋ looi ku jöl liëc gël. Na räm ke moc ye nīn käë yiic ka path ba liëc gël kä kök cīt kondoom.

Yīn a cē lëk ba rot ya cōla tom kuat tē cī wiik ka 12 thök rin ba rot ŋiec gël liëc.

### Ba Tuöm Gël Liëc Yök Kadä?

Yīn a cē lëk ba dhiel tēn akīm wälä Panakīm ë Guiër Macthok bë yīn la gät wäl tuöm gël liëc. Ku akīm a bë wäl jal tuöom yī guöp.

### Leŋ Dëd Cë Döŋ Path Ba Diëc?

Na mäl diäär tuöm gël liëc, ka thëk den a lëu bë pëy ka bët looi wälä ween pëy ka bët ka këc dhuk nyin deen theer. Rin ye kën rot looi, ka tik a lëu bë ceŋ ka këc meth yök tē cī ye kaŋ toom DMPA ku jöl ben teem.

### Na wic ba lëk kök yök

- *Jaam kek aguir ë Guiër ë Macthok NSW telepun ë jam 1300 658 886 wälä nem lökayukar: [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)*
- *NRS (raan cīn ye yic) 133 677*
- *Wälä löc Panakīm ë Guiër ë Macthok tōu akeunhom*

[www.fpnsw.org.au](http://www.fpnsw.org.au) | telepun ë jam 1300 658 886 | dukän athör

loilooi ë kīim & lëk | piöoc & nyuuth | jác | guiër ë pinynhom

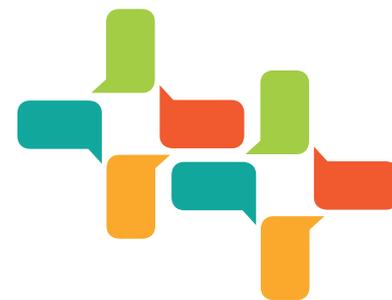
Aguir ë Guiër ë Macthok NSW a ce wëu luöoi bik dhiët ku wëu keen yen luui aa bën tēn Amathöm ë Pialguöp NSW

Lëk tōu athör kën yic a cē gät ka ye kë lëk koc path ku cīn dëd lëu bī raan looi yeen. Aguir ë FPNNSW a cē kë riëc ebën guir rin bë lëk kën ya lëk la cök ku tēu nyien kööl wäär gët yeen. Na leŋ raan diëer alon tē deen bī yen dhiët thīn wälä alon tē deen bī yen pial thīn tē tēc yen ke moc/ tik, ka yeen apath bë la tēn akiëm de bë yeen la wëët ku kony yeen; tēdä ka lëu bë la Panakīm ë Guiër Macthok.

Beric: Pendhëtem 2014/FPNSW 06/14

## 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](http://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. FPNPNSW 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](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

Reviewed: June 2014 | FPNSW 06/14

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