**Fact Sheet - Swahili**

**SINDANO YA KUPANGA UZAZI - DMPA**

*The Contraceptive Injection (DMPA)*

---

**Je Sindano ya Kupanga Uzazi ni Nini (DMPA)?**


---

**Je Ina Uzuri Gani?**

Ina ufainisi kati ya asiimilia 99% na 94%. Maana yake ni kwamba kwa waumira wanawake wa mwili wa wafuata wa mwanamke, waweza kuujeu kwa muda wa wawili. Hii ni usalama wa ushauri wa wafuata wa mwanamke katika mafunzo ya zaidi.

---

**Ni Nani Anaweza Kutumia Sindano ya Kupanga Uzazi?**


---

**Nani Hapawazi Kutumia Sindano ya Kupanga Uzazi?**


---

**Kuna Madhara Yoyote?**

Unaweza kupata usalama wa watu wa afya katika mafunzo ya zaidi. Hii ni usalama wa watu wa afya katika mafunzo ya zaidi. Hii ni usalama wa watu wa afya katika mafunzo ya zaidi.

---

**Kwa Maelezo Zaidi**

- **Wasiliana na upangaji uzazi NSW Simu**
  1300 658 886 au www.fpnsw.org.au/talkline
- **NRS (viziwi)** 133 677
- **Au tembelea kituo kuto cha upangaji uzazi kilicho karibu nawe.**

---

**www.fpnsw.org.au | talkline 1300 658 886 | duka la vitabu**

Huduma za kliniki na habari | elimu na mafunzo | utafiti | maendelo ya kimataifa

Huduma wa upangaji wa uzazi NSW ni shrili ya isiyao ya kifo ya faida ya fahamu hivi na wazi ya afya NSW

Maelezo haya yote imetolewa kwa madhumuni ya elimu tu-FNPNSW imehakikisha kwamba maelezo yote ni sahihi hadi tarehe ya kupangaji. Mshauri daktari wako wakiachwa watatolewa kwa wafuata wa mwanamke. Mshauri daktari wako wakiachwa watatolewa kwa wafuata wa mwanamke. Mshauri daktari wako wakiachwa watatolewa kwa wafuata wa mwanamke. Mshauri daktari wako wakiachwa watatolewa kwa wafuata wa mwanamke.
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.

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.
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

Reviewed: June 2014 I FPNSW 06/14

The information in this Factsheet has been provided for educational purposes only. Family Planning NSW 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 an Family Planning NSW clinic.