

Your provider's telephone number



Call your provider right away if you have any of these signs or if you think you may be pregnant.

- Repeated, very painful headaches
- Heavy vaginal bleeding
- Depression
- Severe, lower abdominal pain

Talk to your Family PACT provider if you have:

Watch for warning signs.

About your Birth Control Shot

It is important to get your shots on time. You should get your next Birth Control Shot in 12 weeks.

Your next Birth Control Shot is due on:

<i>Date Given</i>	<i>Next Shot Due</i>	<i>Late After</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What to expect:

- All women will have changes in their periods, such as spotting or more days of lighter bleeding. Over time, periods may stop completely.
- Some women may have headaches and notice breast tenderness, tiredness, and nausea.
- A small number of women may feel depressed.
- Some women may gain weight while using the shot.
 - Track your weight gain.
 - If you gain more than 5 - 10 pounds in the first 6 months, talk to your Family PACT provider.

Tips to remember:

If you missed your next Birth Control Shot or were 3 or more weeks late for it:

- Get your next shot right away.
- Use another birth control method, like condoms. Keep using condoms until one week after you get your shot.
- If you were late getting your shot and you had unprotected sex, use Emergency Contraceptive (EC) pills right away.

The Birth Control Shot does not protect you from HIV or other infections people get from having sex.

Use condoms along with the Shot to protect yourself from these infections.