

Monthly Injectable

Combined Injectable
Contraceptives or CICs



Balanced Counseling Strategy



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General information:

- Requires that you get an injection every 4 weeks (30 days) to prevent pregnancy.
- More regular monthly bleeding than with DMPA or NET-EN injectables.
- Delayed return of fertility after woman stops method. It takes an average of about 1 month longer than with most other methods.
- Safe for a woman with HIV/AIDS, even if she takes antiretroviral (ARV) medicines.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: Pregnancy rate in first year of use is:

- Correct use (no missed or late injections) — 1 pregnancy per 100 women (1%)
- Typical use (some missed or late injections) — 3 pregnancies per 100 women (3%)

How method works:

- The injection contains two hormones, progestin and estrogen.
- These hormones stop the release of eggs from the ovaries (ovulation). They also make cervical mucus thick. This stops sperm from meeting an egg.
- You get an injection every 4 weeks (30 days).

Important facts:

- Method does not require daily action.
- Private. No one else can tell you are using an injectable.
- Does not interfere with sex.
- Return of fertility is about 1 month longer than with most other methods.
- Does not protect against STIs, including HIV.
- Use condoms (male or female) if you feel at risk of STIs.

Method not advised if you:

- Breastfeed an infant less than 6 months old.
- Smoke cigarettes and are 35 years old or older.
- Have high blood pressure.
- Have certain uncommon serious diseases of the heart, blood vessels or liver, or breast cancer. Discuss with your provider.
- Have migraine headaches (a type of severe headache) and are 35 years old or older.
- Have migraine aura (sometimes seeing a growing bright spot in one eye) at any age.

Side effects:

- Common side effects include:
 - Lighter bleeding and fewer days of bleeding.
 - Irregular bleeding.
 - Infrequent or prolonged bleeding.
 - No monthly bleeding.
- Changes in monthly bleeding are normal. These changes usually lessen or stop within 3 months of starting injections.
- After stopping the injections, changes in monthly bleeding do not stop until the injection wears off (2–3 months or more).
- Some women may have weight gain, headaches, dizziness, or breast tenderness.
- These are not signs of illness.
- Not all women have these side effects.

How to use:

- A provider will give you the injection.
- You return every 4 weeks (30 days) to get another injection.
- Even if you are late, come back. You may still be able to get your injection.
- If you switch to another brand of injectable, get instructions on how to use it.

Follow-up:

- Return every 4 weeks (30 days) to get your next injection.
- Try to come on time. You may come up 7 days early or 7 days late and still get an injection. No matter how late you are, come back for your next injection.
- If you are more than 7 days late, abstain from sex or use condoms until you can get an injection.

Return to the health care facility any time if:

- You have any questions or problems.
- You need another injection.
- You develop any health problems.
- You are late for your injection, had sex in the past 5 days, and want to avoid pregnancy. You can take emergency contraceptive pills (ECPs).
- You think you may be pregnant.