

CERVICAL SCREENING

A SIMPLE TEST THAT COULD SAVE YOUR LIFE

The Cervical Screening Test looks for HPV, the virus which can cause cervical cancer.

If you have a cervix, are between 25 and 74 and have ever been sexually active you should get tested.

Even if you have not been sexually active recently, or have been in a long term monogamous relationship, HPV can be dormant and become active again so testing is still important.

This includes women who are same sex attracted and people who identify as transgender.

MAKE AN APPOINTMENT WITH ONE OF OUR EXPERIENCED NURSES TODAY 6247 3077
SHFPACT.ORG.AU



OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit shfpact.org.au for SHFPACT clinic hours

LOCATION

SHFPACT is conveniently located in the city.

Level 1,
28 University Avenue
Canberra ACT 2601.

CONTACT

02 6247 3077
shfpact@shfpact.org.au
0400 770 999 (SMS ONLY)

ENGAGE

shfpact.org.au
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DONATE

All donations to SHFPACT over \$2.00 are tax deductible

SHFPACT CLINICAL SERVICES

- Contraceptive advice, information and services
- IUDs and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescriptions

SHFPACT is a health promotion charity (HPC) assisted with funding from the ACT Government.

I'M ALL ABOUT
**THE
CONTRACEPTIVE
INJECTION**



Sexual Health and Family Planning ACT
Level 1, 28 University Ave, Canberra City
Call 02 6247 3077 • SMS 0400 770 999
or email shfpact@shfpact.org.au

shfpact.org.au

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WHAT IS THE CONTRACEPTIVE INJECTION?

The contraceptive injection or DMPA (Depot Medroxyprogesterone Acetate) is a hormonal contraceptive containing a progestogen. DMPA has been available as a contraceptive method for many years.

HOW IS IT GIVEN AND HOW OFTEN?

DMPA is given by injection in the upper arm or buttock by a doctor or nurse. It is given every 12 weeks.

HOW DOES IT WORK?

The contraceptive injection works by preventing ovulation (stopping an egg being released from the ovary). It also thickens the mucus in the cervix which makes it difficult for sperm to enter the uterus (womb).

HOW EFFECTIVE IS THE CONTRACEPTIVE INJECTION?

The contraceptive injection is a highly effective method of contraception, with a failure rate of less than 1% if it is given on time every 12 weeks.

WHAT ARE THE POSSIBLE SIDE EFFECTS?

The most common side effect of DMPA is a change in menstrual bleeding. Many women find their bleeding ceases altogether over time. This has no harmful effects and most women using DMPA find this a very positive side effect. Some women will continue to experience light irregular bleeding and a small number of women may experience heavy or longer bleeding.

Other possible side effects include:

A small weight gain in some women, headaches, and mild acne. Although some women report a change in mood or sexual interest, but there is no evidence that these are caused by DMPA. Some women report positive or negative effects on mood or sexual interest, but most report no change.

WHAT ARE THE ADVANTAGES?

- It is a highly effective contraceptive.
- It is relatively inexpensive.
- It only needs to be given every 12 weeks.
- Commonly there is lighter or no bleeding.
- It can reduce period pain, heavy periods and PMS for women who experience these.
- It can reduce anaemia resulting from heavy periods.
- It is suitable for women who cannot use oestrogen containing contraceptive.

WHAT ARE THE DISADVANTAGES?

- There can be a delay to the return of normal fertility in women who use DMPA. On average this is around 8 months following the last injection. For this reason it is not recommended for use in women who are considering pregnancy in the near future. DMPA does not affect fertility in the long term.
- There is evidence that there is a small reduction in the density of the bones while women are using DMPA. This effect is reversed when it is ceased.
- Once the injection has been given the effect will be present for three months.
- You will need to see a health care provider every 12 weeks for the injection.

WHO CAN USE THE CONTRACEPTIVE INJECTION?

Most women can use the contraceptive injection. It is considered safe to use while breast feeding.

WHO MAY NOT BE SUITABLE TO USE THE CONTRACEPTIVE INJECTION?

- Women who have a history of breast cancer.
- Women with a history of stroke or heart disease, or who have risk factors for these conditions.
- Women who have unexplained vaginal bleeding that might indicate a serious underlying condition.
- Women with a history of severe liver disease or liver tumours
- Women who may be pregnant.
- Women who are considering pregnancy in the near future.

HOW DO I START THE CONTRACEPTIVE INJECTION?

A doctor's appointment is needed for assessment and for the prescription to be issued, and to determine the right time to have the first injection. This will also give you an opportunity to discuss this method of contraception and to ask any questions.

If you are not currently using a hormonal method of contraception, the first injection needs to be given within 5 days of the start of your period. This ensures that there is no risk of pregnancy at the time.

VISITING THE SHFPACT CLINIC

SHFPACT's sexual and reproductive health clinic offers a holistic, confidential and respectful service to Canberra and the region. The majority of SHFPACT doctors and nurses are female. All our doctors and nurses have specialist sexual and reproductive health qualifications and approach all matters sensitively.

IT'S EASY TO GET A

DISCOUNTED CONSULTATION

WE ARE MAKING OUR SERVICES MORE AFFORDABLE FOR EVERYONE



WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

JOIN ONLINE AT
shfpact.org.au
OR AT RECEPTION

