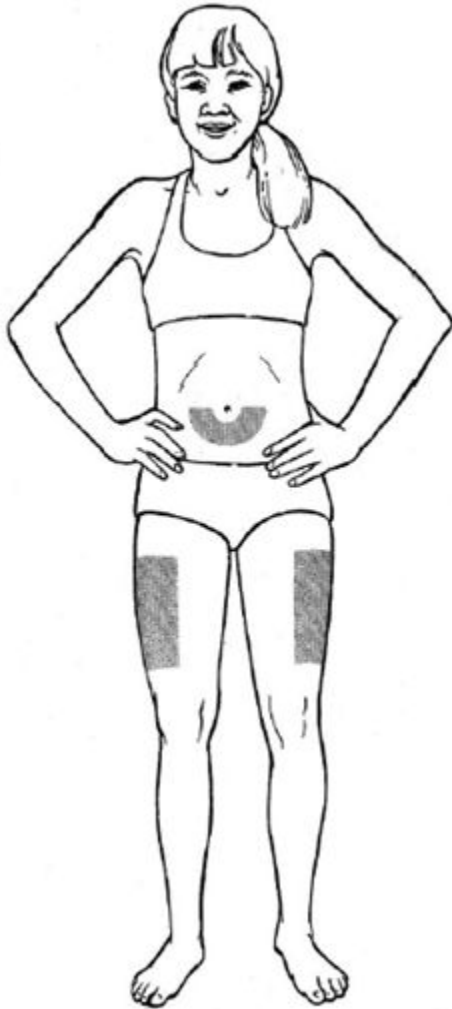


How to Give the Shot



Picture 2 Injection sites
(shaded in grey)

1. Collect needed supplies including:
 - Depo medicine - Read the label on the bottle. Make sure it is the right medicine and that it is not expired.
 - alcohol pad, bandage (if desired)
 - sharps container (Picture 4)
2. Choose your injection site (Picture 2). Options include:
 - upper, outer leg (thigh)
 - lower abdomen (except the area right around the navel and waistline)
3. Wash your hands with soap and water for at least 15 seconds. Rinse and dry.
4. Gently clean the skin where you plan to inject the shot with the alcohol swab.

5. Take the syringe out of the package, gently shake for one minute, then remove the cap.
6. Attach the needle to the syringe, then move the safety shield away from the needle. Remove the plastic needle cover from the needle.
7. Hold the needle pointing up. Gently push the plunger until the liquid reaches the top and all of the air has been pushed out. Do not push out any of the liquid.
8. Pinch the skin around the chosen injection site.



Picture 3 Pinching the skin and injecting the medicine at a 45-degree angle.

9. Push the small needle all the way into the skin at about a 45-degree angle and inject the Depo slowly, over 5 to 7 seconds (Picture 3).
10. Make sure to push the plunger all the way down and inject the medicine completely under the skin. Remove the needle from the skin.
11. Push the green safety shield over the needle until it clicks. Do this by pressing the safety shield against a hard surface to secure it over the needle. Do not use your other hand because it may cause an accidental finger stick.
12. Do not recap the used needle. Do not bend or break off the needle. Do not remove the needle from the syringe.
13. Put the used syringe with the attached needle into the sharps container (see the next section).
14. Apply pressure to the injection site and cover it with a bandage, if desired.