

**Other drug leaflets available from Endometriosis SHE Trust (UK):**

*Danol (Danazol); Dimetriose (Gestrinone); DLPA (Phenylalanine); Duphaston (Dydrogesterone); Mirena Coil (Levonorgestrel); Primolut-N (Norethisterone); Prostag SR (Leuprorelin Acetate); Suprecur (Buserelin); Synarel (Nafarelin); Utovlan (Norethisterone) and Zoladex (Goserelin).*

**Provera/Depo-Provera (Medroxyprogesterone Acetate) for the treatment of endometriosis**

Provera and Depo-Provera are made by Pharmacia and Upjohn.

**What is Provera/Depo-Provera?**

Provera/Depo-Provera is a synthetic (artificial) progestogen and is similar to the progesterone produced naturally by the ovaries.

**How Provera/Depo-Provera works:**

Provera/Depo-Provera works by stopping the ovaries ovulating (producing eggs) and tricking the body into a pseudo (false) pregnancy. Periods usually stop during treatment, but return within two to three months of treatment ending.

**Administration and dosage of Provera/Depo-Provera:**

Provera comes in tablet form in strengths of 2.5mgs, 5mgs and 10mgs.

Depo-Provera is given as an intra-muscular injection in the buttock or the upper arm.

Provera is started on day one of the monthly cycle (first day of bleeding), 10mgs daily for ninety days continuously.

Depo-Provera is given at twelve week intervals. It is important that the injection be given only during the first five days after the beginning of a period.

Some blood spotting may occur during treatment, but no action is required for this.

***Provera/Depo-Provera is not suitable for the treatment of children or the elderly.***

**When Provera/Depo-Provera should not be used (contraindications):**

Liver disease  
Pregnancy  
Lactating women (breast feeding)  
Undiagnosed vaginal bleeding  
History of thrombosis  
Undiagnosed urinary tract bleeding  
Oestrogen dependent cancer  
Patients with a known sensitivity to Provera/Depo-Provera

**Precautions in the use of Provera/Depo-Provera:**

Diabetic patients should be regularly checked.

Epileptic patients should be regularly checked.

Patients with high blood pressure should have regular blood pressure checks.

Patients receiving treatment for depression should be monitored closely.

Patients with asthma need regular peak flow checks.

Patients with kidney problems require close monitoring.

**Side effects of Provera/Depo-Provera:**

Cramp	Weight gain
Depression	Irregular bleeding
Headaches	Bloating/fluid retention
Nausea	Sore breasts
Lethargy	Dizziness
Loss of sleep	Acne
Increased hair growth	Skin rash
Hair loss	Dry sore vagina

As with all treatments, you may have no side effects at all, or you may have a few but it is rare to experience multiple side effects.

***Do remember to report any side effects to your medical practitioner and ask for advice.***

**PLEASE NOTE:**

- Make sure that you are not pregnant before starting treatment. A pregnancy test is advisable.

**With PROVERA:**

- Barrier methods of contraception should be used during treatment, as **Provera** is not a contraceptive. Periods should return within a few months of stopping treatment.

**With DEPO-PROVERA:**

- **Depo-Provera** is an effective contraceptive method. In most women, periods generally return within two to three months after completion of treatment. There is no evidence that it causes permanent infertility.
- **Depo-Provera** has been used to suppress symptoms of cyclical sciatica due to endometriosis, which is little known, but may lead to permanent disability if untreated, (Ref: Neurology 1999 Jul 1-15. Bilateral cyclic sciatica caused by endometriosis. Calzada-Sierra DJ).

**With PROVERA and DEPO-PROVERA:**

- It is advisable to have one period before trying for pregnancy with either Provera or Depo-Provera.