



Progestin-only Medications

Progestins are hormones that act like **progesterone**, a natural hormone that your body makes.

Progestins can be used to treat heavy or painful periods or other menstrual symptoms. They can also be used for birth control. Progestin-only medication does not contain estrogen and that makes it an option for persons who cannot take estrogen due to medical issues or estrogen side effects.

Many people have no periods at all when they take progestin-only medication. This is not harmful!

None of these medications affect your ability to get pregnant when you stop taking them.

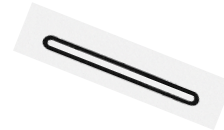
Ask your healthcare provider any questions!

Injection (Shot) The shot is given every **3 months** at your doctor's office, or you can give yourself the shot at home.



*After your last **injection**, it can take up to a year for your period to return to normal cycles.*

Implant The implant is a small flexible plastic rod placed in your arm, under the skin. It can stay in your arm for **3-5 years**.



Pills There are three types used for birth control: norethindrone and drospirenone (which are prescription only) and norgestrel (which is over the counter, no prescription necessary). Other progestin pills are norethindrone acetate, micronized progesterone, and medroxyprogesterone. All of these pills can treat heavy periods and other menstrual symptoms.



All types of pills should be taken at the same time every day

Intrauterine device (IUD) An IUD is a small plastic device that is placed into your uterus. There are four types of IUDs that contain progestin. Progestin IUDs can stay in place for **3-8 years**, depending on the progestin dose and the one you choose.



Irregular vaginal bleeding, light or sometimes heavy, is common in the first few months of starting all progestin-only medications. Bleeding is not harmful but can be annoying! It usually gets better or stops over time.