

**Failure rate:
<1%**

9: INJECTIONS (the “SHOT”)

The “shot” is an injection of progestin given to a female every three months. It works by causing the mucus around the cervix to thicken. The thick mucus prevents sperm from entering the uterus.

It is recommended that a female does not receive injections for more than 2 years in a row due to a risk of bone loss.

You must have a prescription from a doctor to use injections.

