

Depo Dosing Calendar



Based on 3-month/15 week dosing intervals between weeks 13-15 to be used with intramuscular injection (IM) and subcutaneous injections (SC)

Given	Next shot due by	Shot late if not given by
JAN 1	APR 2	APR 16
JAN 2	APR 3	APR 17
JAN 3	APR 4	APR 18
JAN 4	APR 5	APR 19
JAN 5	APR 6	APR 20
JAN 6	APR 7	APR 21
JAN 7	APR 8	APR 22
JAN 8	APR 9	APR 23
JAN 9	APR 10	APR 24
JAN 10	APR 11	APR 25
JAN 11	APR 12	APR 26
JAN 12	APR 13	APR 27
JAN 13	APR 14	APR 28
JAN 14	APR 15	APR 29
JAN 15	APR 16	APR 30
JAN 16	APR 17	MAY 1
JAN 17	APR 18	MAY 2
JAN 18	APR 19	MAY 3
JAN 19	APR 20	MAY 4
JAN 20	APR 21	MAY 5
JAN 21	APR 22	MAY 6

Given	Next shot due by	Shot late if not given by
JAN 22	APR 23	MAY 7
JAN 23	APR 24	MAY 8
JAN 24	APR 25	MAY 9
JAN 25	APR 26	MAY 10
JAN 26	APR 27	MAY 11
JAN 27	APR 28	MAY 12
JAN 28	APR 29	MAY 13
JAN 29	APR 30	MAY 14
JAN 30	MAY 1	MAY 15
JAN 31	MAY 2	MAY 16
FEB 1	MAY 3	MAY 17
FEB 2	MAY 4	MAY 18
FEB 3	MAY 5	MAY 19
FEB 4	MAY 6	MAY 20
FEB 5	MAY 7	MAY 21
FEB 6	MAY 8	MAY 22
FEB 7	MAY 9	MAY 23
FEB 8	MAY 10	MAY 24
FEB 9	MAY 11	MAY 25
FEB 10	MAY 12	MAY 26
FEB 11	MAY 13	MAY 27

Given	Next shot due by	Shot late if not given by
FEB 12	MAY 14	MAY 28
FEB 13	MAY 15	MAY 29
FEB 14	MAY 16	MAY 30
FEB 15	MAY 17	MAY 31
FEB 16	MAY 18	JUN 1
FEB 17	MAY 19	JUN 2
FEB 18	MAY 20	JUN 3
FEB 19	MAY 21	JUN 4
FEB 20	MAY 22	JUN 5
FEB 21	MAY 23	JUN 6
FEB 22	MAY 24	JUN 7
FEB 23	MAY 25	JUN 8
FEB 24	MAY 26	JUN 9
FEB 25	MAY 27	JUN 10
FEB 26	MAY 28	JUN 11
FEB 27	MAY 29	JUN 12
FEB 28	MAY 30	JUN 13
MAR 1	MAY 31	JUN 14
MAR 2	JUN 1	JUN 15
MAR 3	JUN 2	JUN 16
MAR 4	JUN 3	JUN 17

Highlight date you give your shot in BLUE column

Next injection to be given between LIGHT BLUE and GOLD dates

If next injection is NOT given by date in GOLD, do a home pregnancy test before next dose given. If negative, then give shot and use condoms for next 7 days.

Given	Next shot due by	Shot late if not given by
MAR 5	JUN 4	JUN 18
MAR 6	JUN 5	JUN 19
MAR 7	JUN 6	JUN 20
MAR 8	JUN 7	JUN 21
MAR 9	JUN 8	JUN 22
MAR 10	JUN 9	JUN 23
MAR 11	JUN 10	JUN 24
MAR 12	JUN 11	JUN 25
MAR 13	JUN 12	JUN 26
MAR 14	JUN 13	JUN 27
MAR 15	JUN 14	JUN 28
MAR 16	JUN 15	JUN 29
MAR 17	JUN 16	JUN 30
MAR 18	JUN 17	JUL 1
MAR 19	JUN 18	JUL 2
MAR 20	JUN 19	JUL 3
MAR 21	JUN 20	JUL 4
MAR 22	JUN 21	JUL 5
MAR 23	JUN 22	JUL 6
MAR 24	JUN 23	JUL 7
MAR 25	JUN 24	JUL 8
MAR 26	JUN 25	JUL 9
MAR 27	JUN 26	JUL 10
MAR 28	JUN 27	JUL 11
MAR 29	JUN 28	JUL 12
MAR 30	JUN 29	JUL 13
MAR 31	JUN 30	JUL 14

Given	Next shot due by	Shot late if not given by
APR 1	JUL 1	JUL 15
APR 2	JUL 2	JUL 16
APR 3	JUL 3	JUL 17
APR 4	JUL 4	JUL 18
APR 5	JUL 5	JUL 19
APR 6	JUL 6	JUL 20
APR 7	JUL 7	JUL 21
APR 8	JUL 8	JUL 22
APR 9	JUL 9	JUL 23
APR 10	JUL 10	JUL 24
APR 11	JUL 11	JUL 25
APR 12	JUL 12	JUL 26
APR 13	JUL 13	JUL 27
APR 14	JUL 14	JUL 28
APR 15	JUL 15	JUL 29
APR 16	JUL 16	JUL 30
APR 17	JUL 17	JUL 31
APR 18	JUL 18	AUG 1
APR 19	JUL 19	AUG 2
APR 20	JUL 20	AUG 3
APR 21	JUL 21	AUG 4
APR 22	JUL 22	AUG 5
APR 23	JUL 23	AUG 6
APR 24	JUL 24	AUG 7
APR 25	JUL 25	AUG 8
APR 26	JUL 26	AUG 9
APR 27	JUL 27	AUG 10

Given	Next shot due by	Shot late if not given by
APR 28	JUL 28	AUG 11
APR 29	JUL 29	AUG 12
APR 30	JUL 30	AUG 13
MAY 1	JUL 31	AUG 14
MAY 2	AUG 1	AUG 15
MAY 3	AUG 2	AUG 16
MAY 4	AUG 3	AUG 17
MAY 5	AUG 4	AUG 18
MAY 6	AUG 5	AUG 19
MAY 7	AUG 6	AUG 20
MAY 8	AUG 7	AUG 21
MAY 9	AUG 8	AUG 22
MAY 10	AUG 9	AUG 23
MAY 11	AUG 10	AUG 24
MAY 12	AUG 11	AUG 25
MAY 13	AUG 12	AUG 26
MAY 14	AUG 13	AUG 27
MAY 15	AUG 14	AUG 28
MAY 16	AUG 15	AUG 29
MAY 17	AUG 16	AUG 30
MAY 18	AUG 17	AUG 31
MAY 19	AUG 18	SEP 1
MAY 20	AUG 19	SEP 2
MAY 21	AUG 20	SEP 3
MAY 22	AUG 21	SEP 4
MAY 23	AUG 22	SEP 5
MAY 24	AUG 23	SEP 6

Highlight date you give your shot in BLUE column

Next injection to be given between LIGHT BLUE and GOLD dates

If next injection is NOT given by date in GOLD, do a home pregnancy test before next dose given. If negative, then give shot and use condoms for next 7 days.

Given	Next shot due by	Shot late if not given by
MAY 25	AUG 24	SEP 7
MAY 26	AUG 25	SEP 8
MAY 27	AUG 26	SEP 9
MAY 28	AUG 27	SEP 10
MAY 29	AUG 28	SEP 11
MAY 30	AUG 29	SEP 12
MAY 31	AUG 30	SEP 13
JUN 1	AUG 31	SEP 14
JUN 2	SEP 1	SEP 15
JUN 3	SEP 2	SEP 16
JUN 4	SEP 3	SEP 17
JUN 5	SEP 4	SEP 18
JUN 6	SEP 5	SEP 19
JUN 7	SEP 6	SEP 20
JUN 8	SEP 7	SEP 21
JUN 9	SEP 8	SEP 22
JUN 10	SEP 9	SEP 23
JUN 11	SEP 10	SEP 24
JUN 12	SEP 11	SEP 25
JUN 13	SEP 12	SEP 26
JUN 14	SEP 13	SEP 27
JUN 15	SEP 14	SEP 28
JUN 16	SEP 15	SEP 29
JUN 17	SEP 16	SEP 30
JUN 18	SEP 17	OCT 1
JUN 19	SEP 18	OCT 2
JUN 20	SEP 19	OCT 3

Given	Next shot due by	Shot late if not given by
JUN 21	SEP 20	OCT 4
JUN 22	SEP 21	OCT 5
JUN 23	SEP 22	OCT 6
JUN 24	SEP 23	OCT 7
JUN 25	SEP 24	OCT 8
JUN 26	SEP 25	OCT 9
JUN 27	SEP 26	OCT 10
JUN 28	SEP 27	OCT 11
JUN 29	SEP 28	OCT 12
JUN 30	SEP 29	OCT 13
JUL 1	SEP 30	OCT 14
JUL 2	OCT 1	OCT 15
JUL 3	OCT 2	OCT 16
JUL 4	OCT 3	OCT 17
JUL 5	OCT 4	OCT 18
JUL 6	OCT 5	OCT 19
JUL 7	OCT 6	OCT 20
JUL 8	OCT 7	OCT 21
JUL 9	OCT 8	OCT 22
JUL 10	OCT 9	OCT 23
JUL 11	OCT 10	OCT 24
JUL 12	OCT 11	OCT 25
JUL 13	OCT 12	OCT 26
JUL 14	OCT 13	OCT 27
JUL 15	OCT 14	OCT 28
JUL 16	OCT 15	OCT 29
JUL 17	OCT 16	OCT 30

Given	Next shot due by	Shot late if not given by
JUL 18	OCT 17	OCT 31
JUL 19	OCT 18	NOV 1
JUL 20	OCT 19	NOV 2
JUL 21	OCT 20	NOV 3
JUL 22	OCT 21	NOV 4
JUL 23	OCT 22	NOV 5
JUL 24	OCT 23	NOV 6
JUL 25	OCT 24	NOV 7
JUL 26	OCT 25	NOV 8
JUL 27	OCT 26	NOV 9
JUL 28	OCT 27	NOV 10
JUL 29	OCT 28	NOV 11
JUL 30	OCT 29	NOV 12
JUL 31	OCT 30	NOV 13
AUG 1	OCT 31	NOV 14
AUG 2	NOV 1	NOV 15
AUG 3	NOV 2	NOV 16
AUG 4	NOV 3	NOV 17
AUG 5	NOV 4	NOV 18
AUG 6	NOV 5	NOV 19
AUG 7	NOV 6	NOV 20
AUG 8	NOV 7	NOV 21
AUG 9	NOV 8	NOV 22
AUG 10	NOV 9	NOV 23
AUG 11	NOV 10	NOV 24
AUG 12	NOV 11	NOV 25
AUG 13	NOV 12	NOV 26

Highlight date you give your shot in BLUE column

Next injection to be given between LIGHT BLUE and GOLD dates

If next injection is NOT given by date in GOLD, do a home pregnancy test before next dose given. If negative, then give shot and use condoms for next 7 days.

Given	Next shot due by	Shot late if not given by
AUG 14	NOV 13	NOV 27
AUG 15	NOV 14	NOV 28
AUG 16	NOV 15	NOV 29
AUG 17	NOV 16	NOV 30
AUG 18	NOV 17	DEC 1
AUG 19	NOV 18	DEC 2
AUG 20	NOV 19	DEC 3
AUG 21	NOV 20	DEC 4
AUG 22	NOV 21	DEC 5
AUG 23	NOV 22	DEC 6
AUG 24	NOV 23	DEC 7
AUG 25	NOV 24	DEC 8
AUG 26	NOV 25	DEC 9
AUG 27	NOV 26	DEC 10
AUG 28	NOV 27	DEC 11
AUG 29	NOV 28	DEC 12
AUG 30	NOV 29	DEC 13
AUG 31	NOV 30	DEC 14
SEP 1	DEC 1	DEC 15
SEP 2	DEC 2	DEC 16
SEP 3	DEC 3	DEC 17
SEP 4	DEC 4	DEC 18
SEP 5	DEC 5	DEC 19
SEP 6	DEC 6	DEC 20
SEP 7	DEC 7	DEC 21
SEP 8	DEC 8	DEC 22
SEP 9	DEC 9	DEC 23

Given	Next shot due by	Shot late if not given by
SEP 10	DEC 10	DEC 24
SEP 11	DEC 11	DEC 25
SEP 12	DEC 12	DEC 26
SEP 13	DEC 13	DEC 27
SEP 14	DEC 14	DEC 28
SEP 15	DEC 15	DEC 29
SEP 16	DEC 16	DEC 30
SEP 17	DEC 17	DEC 31
SEP 18	DEC 18	JAN 1
SEP 19	DEC 19	JAN 2
SEP 20	DEC 20	JAN 3
SEP 21	DEC 21	JAN 4
SEP 22	DEC 22	JAN 5
SEP 23	DEC 23	JAN 6
SEP 24	DEC 24	JAN 7
SEP 25	DEC 25	JAN 8
SEP 26	DEC 26	JAN 9
SEP 27	DEC 27	JAN 10
SEP 28	DEC 28	JAN 11
SEP 29	DEC 29	JAN 12
SEP 30	DEC 30	JAN 13
OCT 1	DEC 31	JAN 14
OCT 2	JAN 1	JAN 15
OCT 3	JAN 2	JAN 16
OCT 4	JAN 3	JAN 17
OCT 5	JAN 4	JAN 18
OCT 6	JAN 5	JAN 19

Given	Next shot due by	Shot late if not given by
OCT 7	JAN 6	JAN 20
OCT 8	JAN 7	JAN 21
OCT 9	JAN 8	JAN 22
OCT 10	JAN 9	JAN 23
OCT 11	JAN 10	JAN 24
OCT 12	JAN 11	JAN 25
OCT 13	JAN 12	JAN 26
OCT 14	JAN 13	JAN 27
OCT 15	JAN 14	JAN 28
OCT 16	JAN 15	JAN 29
OCT 17	JAN 16	JAN 30
OCT 18	JAN 17	JAN 31
OCT 19	JAN 18	FEB 1
OCT 20	JAN 19	FEB 2
OCT 21	JAN 20	FEB 3
OCT 22	JAN 21	FEB 4
OCT 23	JAN 22	FEB 5
OCT 24	JAN 23	FEB 6
OCT 25	JAN 24	FEB 7
OCT 26	JAN 25	FEB 8
OCT 27	JAN 26	FEB 9
OCT 28	JAN 27	FEB 10
OCT 29	JAN 28	FEB 11
OCT 30	JAN 29	FEB 12
OCT 31	JAN 30	FEB 13
NOV 1	JAN 31	FEB 14
NOV 2	FEB 1	FEB 15

Highlight date you give your shot in BLUE column

Next injection to be given between LIGHT BLUE and GOLD dates

If next injection is NOT given by date in GOLD, do a home pregnancy test before next dose given. If negative, then give shot and use condoms for next 7 days.

Given	Next shot due by	Shot late if not given by
NOV 3	FEB 2	FEB 16
NOV 4	FEB 3	FEB 17
NOV 5	FEB 4	FEB 18
NOV 6	FEB 5	FEB 19
NOV 7	FEB 6	FEB 20
NOV 8	FEB 7	FEB 21
NOV 9	FEB 8	FEB 22
NOV 10	FEB 9	FEB 23
NOV 11	FEB 10	FEB 24
NOV 12	FEB 11	FEB 25
NOV 13	FEB 12	FEB 26
NOV 14	FEB 13	FEB 27
NOV 15	FEB 14	FEB 28
NOV 16	FEB 15	MAR 1
NOV 17	FEB 16	MAR 2
NOV 18	FEB 17	MAR 3
NOV 19	FEB 18	MAR 4
NOV 20	FEB 19	MAR 5
NOV 21	FEB 20	MAR 6
NOV 22	FEB 21	MAR 7
NOV 23	FEB 22	MAR 8
NOV 24	FEB 23	MAR 9
NOV 25	FEB 24	MAR 10
NOV 26	FEB 25	MAR 11
NOV 27	FEB 26	MAR 12
NOV 28	FEB 27	MAR 13
NOV 29	FEB 28	MAR 14

Given	Next shot due by	Shot late if not given by
NOV 30	MAR 1	MAR 15
DEC 1	MAR 2	MAR 16
DEC 2	MAR 3	MAR 17
DEC 3	MAR 4	MAR 18
DEC 4	MAR 5	MAR 19
DEC 5	MAR 6	MAR 20
DEC 6	MAR 7	MAR 21
DEC 7	MAR 8	MAR 22
DEC 8	MAR 9	MAR 23
DEC 9	MAR 10	MAR 24
DEC 10	MAR 11	MAR 25
DEC 11	MAR 12	MAR 26
DEC 12	MAR 13	MAR 27
DEC 13	MAR 14	MAR 28
DEC 14	MAR 15	MAR 29
DEC 15	MAR 16	MAR 30
DEC 16	MAR 17	MAR 31
DEC 17	MAR 18	APR 1
DEC 18	MAR 19	APR 2
DEC 19	MAR 20	APR 3
DEC 20	MAR 21	APR 4
DEC 21	MAR 22	APR 5
DEC 22	MAR 23	APR 6
DEC 23	MAR 24	APR 7
DEC 24	MAR 25	APR 8
DEC 25	MAR 26	APR 9
DEC 26	MAR 27	APR 10

Given	Next shot due by	Shot late if not given by
DEC 27	MAR 29	APR 11
DEC 28	MAR 30	APR 12
DEC 29	MAR 31	APR 13
DEC 30	APR 1	APR 14
DEC 31	APR 2	APR 15

Highlight date you give your shot in BLUE column

Next injection to be given between LIGHT BLUE and GOLD dates

If next injection is NOT given by date in GOLD, do a home pregnancy test before next dose given. If negative, then give shot and use condoms for next 7 days.