Sayana® Press (Medroxyprogesterone Acetate) is a progesterone only Long Acting Reversible Contraceptive (LARC) injection. It has been designed to allow patients to self-administer the injection subcutaneously at home at intervals of 13 weeks (+/- 1) with an annual clinical review. It reduces the need for patients to attend regular clinic appointments.

Locally, we recommend that the clinician administers the first injection, with the patient being shown how to self-administer at the next follow up appointment. This will provide an opportunity to review its acceptability, including tolerance to any presenting side effects.

**Consider**
- Is the patient suitable for progesterone contraception?
- Assessing your patient's understanding to recall to administer every 13 weeks
- Assessing competence/ maturity of woman to self-administer
- Appropriateness of using an injecting device
- Patient under 18? – consider Bone Mineral Density (BMD)
- Post partum? If your patient is not breast-feeding, the injection should be given within 5 days

**Think**
- About contra-indications?
- About managing your patients' expectations e.g. return to fertility (up to 1 year), menstrual changes etc.
- Safeguarding - Home storage of consumables and sharps, especially in young family households
- Re-evaluate use of this method after 2 years

**Do**
- At the 2nd dose review appointment; demonstrate to your patient, how the device works
- Observe your patients' competence to self-administer
- Remind them that the bleeding pattern may be a bit different from the intramuscular preparation, bleeding may be heavier
- Inform them that there might be slight skin changes at injection sites
- Ensure that they have access to a purple lidded sharps bin (initially provided by the drug company or can be ordered from [https://www.medisa.com](https://www.medisa.com)) and are aware of the collection/disposal procedure.
- Remind your patient that contraception does not protect them from STIs and ensure they have access to condoms if needed.
- Provide verbal and written information (NICE, 2014). This information should take into consideration their individual needs and should include: contraceptive efficacy, duration of use, risks and possible side effects, non-contraceptive benefits, the procedure for initiation and removal /discontinuation, when to seek help while using the method. [https://www.nice.org.uk/guidance/cg30](https://www.nice.org.uk/guidance/cg30)
Checklist (tick as a statement of agreement and understanding)

Health Professional/Clinician

I have assessed the likelihood of pregnancy

The patient has consented to self-administer?

The patient is aware of the possible side effects and when to seek medical advice

I have witnessed the patient self-administering and I am confident in her competence to do so

I have provided a purple lidded sharps bin and advised of local collection /disposal arrangements

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Patient

I understand that the injection can be given by my doctor or nurse, or I can be taught how to inject myself

- I have chosen to learn how to inject myself

I understand that I need one injection every 13 weeks and have been provided with post-dated or repeat prescriptions (if self-administering)

The benefits of Sayana Press and the possible side effects have been explained to me

I am aware that I can set mobile phone reminders if I need to be reminded when my next dose is due via Sayana® Press website (www.sayanaanswers.co.uk)

I will contact the surgery if I have any worries about injecting, particularly:

- Very painful or longer-lasting reactions at the injection site
- If I am worried I may not have given the injection correctly
- If it has been more than 14 weeks since my last injection
- If I have changed my mind and don’t want to give the injection myself
- Any other concerns I may have

I understand the need to keep my sharps bin in a safe place and to return it to the practice when filled

For more information, including the patient information leaflet visit:
http://www.sayanapress.co.uk/sayana-home

This guidance is adapted from NHS Scotland (Lothian): PROCEDURE FOR THE SELF ADMINISTRATION OF SAYANA PRESS

Important note: Sayana® Press does not protect against HIV or other Sexually Transmitted Infections (STIs) – discuss sexual health needs and provide condoms if appropriate.