



PROGESTIN-ONLY INJECTABLES

***[Depot MedroxyProgesterone
Acetate (DMPA)
Sayana Press]***

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General information

- The client gets an injection every 3 months.
- For a woman who is breastfeeding but not using LAM, injectables can be started after 6 weeks.
- Fertility can return as early as 3 weeks postpartum, so clients should use a backup method such as condoms until they begin injectables.
- There is a delayed return to fertility after the client stops the method. It takes longer than with most other methods. Return to fertility is, on average, 4 months for Depot MedroxyProgesterone Acetate (DMPA).
- May cause irregular or no menstrual bleeding.
- Safe for a woman living with human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS), even if she takes antiretroviral (ARV) medicines.
- Does not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness

- 94% effective and 6 pregnancies per 100 women reported due to some missed or late injections

How the method works

- Progestin-only injectables contain the hormone progestin. Progestin makes the mucus around the cervix thick. This stops the sperm from meeting the egg.
- This hormone also stops the release of eggs from the ovaries (ovulation).

About DMPA-SC

- DMPA is now available in a special formulation, called depot-medroxyprogesterone acetate-subcutaneous (DMPA-SC), that is meant only for subcutaneous injection (just under the skin) and not for injection into muscle. Subcutaneous injection is easier to learn than intramuscular injection.
- DMPA-SC is available in two injection systems—in the Uniject device and in prefilled, single-dose, conventional syringes. Both have short needles meant for injection just below the skin.
- With the Uniject system, the user squeezes a flexible reservoir that pushes the fluid through the needle. DMPA-SC in the Uniject system is marketed under the brand name Sayana Press.

How to use

- Go to a provider to get an injection.
- Get your injections every 3 months DMPA and Sayana Press. If you do not get your injection, you can get pregnant if you have sex.
- Even if you are late, come back. You may still be able to get your injection.
- If you switch to another brand of injectable, use this brochure on how to use the method

Do not use this method if you

- Are breastfeeding an infant less than 6 weeks of age.
- Have very high blood pressure, over 160/100.
- Have major cardiovascular risk factors such as hypertension, obesity, older age, stroke, smoking, diabetes, high cholesterol, or certain uncommon diseases of the heart or blood vessels. Discuss with your provider.
- Have or have history of breast cancer.
- Have unexplained vaginal bleeding.
- Take medications for seizures or take rifampicin.
- History of severe liver disease.

Important facts:

- Method is reversible.
- Can be stopped at any time, either to switch to another method or to get pregnant.
- Private. No one can tell you are using an injectable.
- Do not interfere with sex.
- Use condoms (male or female) if you feel at risk of getting STIs, including HIV.

Seek medical help if you

- Have any questions or problems.
- Need another injection.
- Develop any health problems.
- Are late for your injection, had sex in the past 3 days, and want to avoid pregnancy. You can take emergency contraceptive pills (ECPs).
- Think you may be pregnant.

