Sayana press

Sayana press is a self-administered injectable contraception, given every 13 weeks. Sayana press contains 160mg medroxyprogesterone acetate per 1ml, Depo Provera contains 150mg medroxyprogesterone acetate per 1ml. It is a highly reliable method of contraception. Depo provera is administered intra-muscularly by ventrogluteal injection. Sayana press is administered subcutaneously and can be delivered by the patient with appropriate training, reducing clinic appointments.

Teaching women to use Sayana Press is quick and simple. The Sexual Health service teach women in one visit and give them the rest of the year’s supply to take home. The counselling is the same as for Depo Provera with an additional discussion about the potential for lipoatrophy.

Injectable Contraception Counselling:

* Efficacy
* How it works
* Benefits / Side effects
* Bleeding patterns
* Associated risks (increased Breast Cancer, Bone density)
* Lipoatrophy (Sayana Press 1.5-7.5%)
* Delayed fertility
* Emergency contraception

Women are supervised to self-administer in the Sexual Health clinic and given a supply of three further Sayana press injections, alcohol swabs, cotton wool and a 0.6 litre sharps bin for ongoing administration at home. Information given to women in the Sexual Health clinic, including QR code for video to support self-administration, is copied below.

A short training video has been prepared and is available on the AA GP CPD Teams channel for information on Sayana Press and how to teach people to use it. The Sexual Health department are happy to be contacted for further advice at:

Clinical\_sexualhealth\_ACH@aapct.scot.nhs.uk

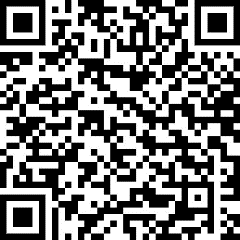


**Sayana Press for self administration**

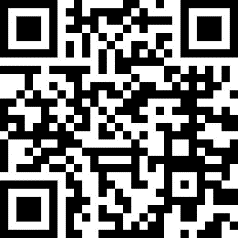
**Patient Information Leaflet**

You have chosen to give yourself your contraceptive injection

Information is on <https://www.nhsinform.scot/healthy-living/contraception/contraceptive-injection>



Read the instructions in the leaflet in the box carefully or watch this video on-line before giving yourself an injection



Give yourself an injection every **13 weeks**.Set a reminder on your phone!

If you forget to give yourself the injection telephone the sexual health clinic for advice, contact number below.

If the injection site is sore, red and/or has pus coming out you must see a doctor or nurse.

If you have a sharps box then you must keep it safe:

* Keep your sharps box out of the sight and reach of children and pets.
* Keep the lid closed ( but not locked) when not being used,
* Don’t fill above the fill line
* If you have filled the box to the fill line, then you should bring it back to a sexual health clinic or GP practice for disposal.

Clinic phone number 01294 323226

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