

A short guide to injectable contraception:

Types:	Noristerat	[IM preparation]
	Depo-Provera	[IM preparation]
	Sanyana-Press	[SC preparation]

When to give:

- 1] If the injection is given within the first 5 days of the onset of menstruation, the injection will start to work immediately.
- 2] The injection can be given at any time in the cycle as long as there is **NO RISK OF PREGNANCY**, and the woman will need to be advised to use 7 days of extra precautions.
- 3] Repeat injections should be given every 13 weeks, but can be administered up to 7 days late and 3 weeks early.

Discontinuation:

- 1] Women who discontinue the injection, and do not wish to conceive, should start another effective method of contraception before or at the time of their next scheduled injection, even if they are amenorrhoeic.
- 2] Women should be advised that there can be a delay of up to 12 months in return of fertility after discontinuation.

Where to inject

- 1] Intramuscular injection [IM] should be administered in either the buttocks or deltoids
- 2] Sub-cutaneous injections [SC] should be administered in either the abdomen or outer thigh.

Risks and Benefits:

- 1] The failure rate of injectable contraceptives is 0.2%
- 2] Amenorrhoea or reduced bleeding is common with injectable contraceptives
- 3] There may be reduced pain associated with endometriosis in women who use injectables

- 4] There is an associated small loss in bone mineral density, which is usually recovered after discontinuation of the method.
- 5] In women under 18 years of age, injectables can be used after consideration of alternative methods.
- 6] The woman needs to be reviewed every 2 years to discuss risks and benefits.
- 7] Women should be advised to switch to another method when she reaches 50 years of age, but consideration can be given to continuation if the woman does not wish to discontinue.
- 8] The use of injections is associated with weight gain, especially in women aged 18 years or less with a BMI of 30 or more.
- 9] Women who gain more than 5% of their baseline body weight in the first 6 months use of the injection, are likely to experience continued weight gain.
- 10] Liver Enzyme Inducers do **NOT** reduce the efficacy of contraceptive injections.

For more information please follow this link:

<http://www.fsrh.org/pdfs/CEUGuidanceProgestogenOnlyInjectables.pdf>