

Sayana Press®

[subcutaneous medroxyprogesterone acetate]

This leaflet is written for patients who are starting to use Sayana Press®.

Sayana Press® is a form of progestogen-only contraception that you can inject at home every 13 weeks.

Sayana Press® will not protect you from sexually transmitted infections (STIs) so you will still need to use condoms if you have a new partner until you have both tested, or if you are at risk of STIs for other reasons.

You will have been taught how to give yourself the injection and have given yourself your first dose in clinic. We will give you a letter about Sayana Press® and will also send your GP a copy of the letter.

You will have been told whether you can rely on the injection you have had for contraception straight away or if you need to use an additional method for 7 days, and this information will also be in your letter.

What you need to do next:

Read the letter you have been given; it contains information that you need to know straight away.

Read about Contraceptive Injections at <https://www.nhs.uk/contraception/methods-of-contraception/contraceptive-injection/> to remind yourself what to expect, risks and side effects

Contact your GP ASAP and ask them to prescribe your next dose(s) of Sayana Press®. Your GP should also supply you with a sharps bin (with a purple lid) for you to put the Sayana Press® injector into after you have used it. Your GP should also tell you how to arrange for disposal of the sharps bin when you finish using it, when it is almost full, or each year. If they do not supply the sharps bin or tell you how to arrange for disposal of the sharps bin, please contact them.

Set up a reminder text by texting SELF and the date the injection was given to 83311 in this format DD.MM (e.g. SELF 31.07) to help you remember to give yourself your next dose on time.

Give yourself another dose every 13 weeks:

- Watch the video about how to do your injection <https://www.youtube.com/watch?v=hi2o-mIQjc>
- We advise that you give each dose when there is another responsible adult nearby in case of
- an allergic reaction, although this is very unlikely to happen
- Give the injection in a different place each time
- Dispose of the injector in the sharps bin that your GP has given you and keep it where
- children cannot access it. When your sharps bin is almost full, arrange for it to be collected
- (your GP can tell you how to do this in your area)
- Contact your GP to get a prescription for your next dose, (if required)

If it is over 14 weeks since your last dose:

- **Do not give yourself the dose**
- **Do not have unprotected sex** as you may be at risk of pregnancy
- **Contact your GP/Sexual Health Clinic** for advice as soon as possible

If used correctly, with no missed doses, Sayana Press® has a failure rate of around 1 woman in 100 per year. In practice it has a failure rate of 6 women in 100 per year.

Struggling to remember your doses? Please book an appointment to discuss different long-acting methods with us.

<https://www.letstalkaboutit.nhs.uk/contraception/fit-forget-contraception/>

**Any other problems / questions? Contact your sexual health clinic or telephone 0300 300 2016
Or visit our website: www.letstalkaboutit.nhs.uk**