**Patient Leaflet: Sayana Press** ®

You have opted to use Sayana Press ®for contraception

Chemically, Sayana Press ® and the Depoprovera ® (Depo) injection are very similar: they are both made of medroxyprogesterone acetate and are given every 13 weeks (approximately 3 months). Depo has to be given by a doctor or nurse but it is possible to learn to give Sayana Press to yourself. This means we can give you 4 injections (or 1 years supply) at each prescription, reducing the need for an appointment every 3 months.

Please let us know if anything in your medical history changes over the course of a year.

You should have a review consultation every 1 or 2 years.

You can be late having an injection by up to 1 week (i.e. 14 weeks between injections), but if it has been more than 14 weeks since your last injection you could possibly get pregnant. For more information about contraceptive injections (including advantages, disadvantages and common side effects), please go to: <https://www.sexwise.fpa.org.uk/contraception/contraceptive-injections>.

Before giving the injection, please watch <https://www.sayanaanswers.co.uk/guide-to-self-injection>.

In addition, the following animated video can be useful to watch. <https://www.youtube.com/watch?v=hi2o-mlQJjc>

Your first injection should be witnessed (either via video consultation or in person) by a healthcare worker to ensure you are confident with the technique.

If you go ahead with the Sayana Press ® injections, these are the things you agree to:

* Inject yourself only if you’re sure you’re not pregnant.
* When using Sayana Press for the **first** time:
  + If your first injection is within the first 5 days of your period starting, you are protected straight away.
  + If your first injection is more than 5 days after the first day of you period, please use condoms or don’t have sex for the first 7 days
  + If you are changing from another method of contraception, your health care professional will advise you when you are covered
* Keep the injection safe and at room temperature.
* Dispose of sharps safely in the box provided.
* It is your responsibility to give the next injection 13 weeks after the last one (You can register on the Sayana Press website for reminders. Please see below)
* You can take the sharps boxes to your nearest Pharmacy for disposal.

Seek medical advice if:

* You have pain, dimpling or other reactions at the injection site. Dimpling can occur in up to 1 in every 10 women
* You are worried you haven’t given the injection correctly. Please do not rely on it for contraception, if this is the case.
* It has been more than 14 weeks since your last injection. Again,
* please do not rely on it for contraception meantime.

A reminder text message can be sent to your mobile phone. Text SELF to 83311 with the date of last injection (for example SELF27.01 for January 27th) or follow this link [www.sayanaanswers.co.uk/staying-on-track](http://www.sayanaanswers.co.uk/staying-on-track)

If you have any problems, please contact the SRH service on **0345 337 9900** for advice.

Please note, we are currently located at:

**First Floor**

**Foresterhill Health Centre**

**Aberdeen Royal infirmary,**

**Foresterhill Road,**

**Aberdeen,**

**AB25 2XE**