

Sayana® Press – A Guide for Primary Care

Sayana® Press (Medroxyprogesterone Acetate) is a progesterone only Long Acting Reversible Contraceptive (LARC) injection. It has been designed to allow patients to self-administer the injection subcutaneously at home at intervals of 13 weeks (+/- 1 week) with an annual clinical review, therefore reducing the need for patients to attend regular clinic appointments.

We recommend that the clinician administers the first injection, with the patient being shown how to self-administer at the next follow up appointment. This will provide an opportunity to review its acceptability, including tolerance to any presenting side effects.

Consider

- Is the patient suitable for progesterone contraception?
Sayana® Press SPC: www.medicines.org.uk/emc/product/3148
[FSRH Clinical Guideline: Progestogen-only Injectable \(December 2014, Amended October 2020\) - Faculty of Sexual and Reproductive Healthcare](#)
- Patient under 18? – consider Bone Mineral Density (BMD)
- Assess your patient's understanding to recall to administer every 13 weeks
- Assess competence/ maturity of woman to self-administer
- Appropriateness of using an injecting device
- Post partum? If your patient is not breast-feeding, the injection should be given within 5 days
- In line with FSRH guidance individuals should delay starting or restarting hormonal contraception for 5 days following use of ulipristal acetate for emergency contraception.

Think

- About Criteria for Exclusions – see overleaf
- About managing your patients' expectations e.g. return to fertility (up to 1 year), menstrual changes etc.
- Safeguarding - Home storage of consumables and sharps, especially in young family households
- Re-evaluate use of this method after 2 years

Do

- At the 2nd dose review appointment; demonstrate to your patient, how the device works
- Observe your patients' competence to self-administer
- Remind them that the bleeding pattern may be a bit different from the intramuscular preparation, bleeding may be heavier
- Inform them that there might be slight skin changes at injection sites
- Ensure that they have access to a purple lidded sharps bin (recommend practice orders a supply from <https://www.medis.com> and supplies to patient) and are aware of the collection/disposal procedure (sign up by practice to local collection service)
- Remind your patient that contraception does not protect them from STIs and ensure they have access to condoms if needed
- Provide verbal and written information (NICE, 2014). This information should take into consideration their individual needs and should include: contraceptive efficacy, duration of use, risks and possible side effects, non-contraceptive benefits, the procedure for initiation and removal /discontinuation, when to seek help while using the method.
<https://www.nice.org.uk/guidance/cg30>

Additional Information

Criteria for Exclusion – also refer to SPC www.medicines.org.uk/emc/product/3148

- Actual or possible pregnancy
- Unexplained abnormal vaginal bleeding
- Current or history of breast or genital cancer
- Severe hepatic impairment/tumours
- Medical risk factors for low bone mineral density e.g. prolonged anticonvulsants or corticosteroid use, previous low trauma fracture, family history of osteoporosis, anorexia nervosa, alcohol abuse and/or tobacco use
- Known hypersensitivity to any of the components of medroxyprogesterone acetate or any ingredient of the vehicle
- Current or recent venous thromboembolism
- Past history of arterial disease i.e. ischaemic heart disease or stroke
- Not reached menarche
- Women over 50 years old
- Women aged under 16 years (only indicated under 18 when other contraceptive methods are considered unsuitable or unacceptable, due to unknown long-term effects of bone loss)
- Women who have used Sayana® Press for 1 year without reassessment by a medical or non-medical prescriber
- Woman who is breastfeeding and less than six weeks post-partum
- Preceding dose within past 77 days (11 weeks) or greater than 14 weeks
- Multiple risk factors for arterial disease (such as older age, smoking, diabetes, hypertension)
- Positive antiphospholipid antibodies
- Current severe thrombocytopenia
- Diabetes of over 20 years duration
- Nephropathy/ retinopathy
- Acute porphyria
- Patients prescribed concurrent aminoglutethamide
- Planning a pregnancy in next 18 months.
- History of amenorrhoea associated with low oestrogen levels, e.g. anorexia nervosa or excess exercise induced
- Informed non consent
- Assessed as not competent to consent to treatment

Side effects – also refer to SPC www.medicines.org.uk/emc/product/3148

The woman should be aware of delay in return to fertility, menstrual irregularities, amenorrhoea, cervical smear abnormalities, weight changes, possible skin change at injection site (redness, itch, dimpling or nodule), progestogenic side effects (headache, dizziness, injection site reactions, paraesthesia, disturbance of appetite, abdominal pain, fatigue, decreased libido, backache, leg cramps, depression, anxiety, irritability, emotional disorders, affective disorder, nausea, insomnia, leucorrhoea, acne, vaginitis, pelvic pain, breast pain, alopecia, bloating, rash, oedema, hot flushes), the association with long term use of depot medroxyprogesterone acetate (Sayana® Press) and low bone mineral density; the importance of attending for injection at the correct time.

Resources/References

[Sayana®-Press | Administration | PfizerPro UK](#)

[UKMEC April 2016 Summary Sheet \(Amended September 2019\) - Faculty of Sexual and Reproductive Healthcare \(fsrh.org\)](#)

[FSRH CEU Guidance: Drug Interactions with Hormonal Contraception \(January 2017, last reviewed 2019\) - Faculty of Sexual and Reproductive Healthcare](#)

Sayana® Press Injectable Contraception Assessment Form

Scan copy into patients notes

Patient name.....GP.....

For completion by Health Professional/Clinician

- Does not meet Criteria for Exclusion
- I have assessed the likelihood of pregnancy
- The patient has consented to self-administer
- The patient is aware of the possible side effects and when to seek medical advice
- I have witnessed the patient self-administering and I am confident in her competence to do so
- Patient has given her own Sayana® Press injection safely and correctly in:
(Please select the area where the injection technique was demonstrated)
 - Abdomen
 - Anterior right thigh
 - Anterior left thigh
- Patient eligibility card signed (card administered to patient with details of when contraceptive due)
- I have provided a purple lidded sharps bin and advised of local collection/disposal arrangements

Patient Checklist

I understand that the injection can be given by my doctor or nurse, or I can be taught how to inject myself.

- I have chosen to learn how to inject myself
- I am using an effective method of contraception and haven't had any problems (e.g burst condom, missed pills, Depo injection overdue). I have not had unprotected sex (or used withdrawal) in the last 3 weeks. I understand that it is not safe to get the Sayana® Press injection if I might be pregnant.
- I understand that I need one injection every 13 weeks and have been provided with post-dated or repeat prescriptions (if self-administering)
- I have read the information about Sayana® Press on sayanaanswers.co.uk or in the Sayana® Press leaflet 'One injection every 13 weeks' or I have discussed Sayana® Press with the doctor/nurse today
- The benefits of Sayana® Press and the possible side effects have been explained to me including efficacy
- I am aware that I can set mobile phone reminders if I need to be reminded when my next dose is due via Sayana® Press website (www.sayanaanswers.co.uk)
- I understand I need to attend an annual review clinic (This may be virtual, providing a blood pressure reading and weight are submitted)

I will contact the surgery if I have any worries about injecting, particularly:

- Very painful or longer-lasting reactions at the injection site
- If I am worried I may not have given the injection correctly
- If it has been more than 14 weeks since my last injection
- If I have changed my mind and don't want to give the injection myself
- Any other concerns I may have
- I understand that as many as 1 in 10 Sayana® Press users report changes at the injection site. This includes short lived soreness or redness as well as longer-lived pain, tenderness, small lumps or dimpling.

Patient has been supplied with a small sharps box and understands the need to put Sayana® Press needles straight into the box after injection used. She understands how the sharps box opens and closes. I have stressed the importance of keeping used sharps in this safe box until collected by the local collection/disposal organisation. I have stressed that used needles must not be put into domestic waste disposal collections whether in the sharps box or not.

Patient has a Sayana® Press leaflet to remind her of the steps for safe injection at home.
For more information visit: www.sayanaanswers.co.uk

Sayana® Press PIL: <https://www.medicines.org.uk/emc/product/3148>

Important note: Sayana® Press does not protect against HIV or other Sexually Transmitted Infections (STIs) – discuss sexual health needs and provide condoms if appropriate.

Name _____ Date _____

Job Title _____