

GP information sheet: Solent Initiation of Sayana Press® – Primary Care Continuation (2021)

Solent NHS Trust Sexual Health Services will be initiating patients on Sayana Press®; subcutaneous progestogen only contraception (<https://www.sayanaanswers.co.uk/home>), which patients can self-administer at home every 13 weeks.

Your practice may already be familiar with prescribing Sayana Press®.

Process:

- 1) All patients attending Solent SHS for contraception will be given full counselling on all available contraceptive options. They may choose Sayana Press® as their first option **or** they may choose to switch from their intramuscular Depo-Provera, to this subcutaneous, self - administered injection.
- 2) Patient will be trained to use Sayana Press® and will be observed administering their first dose in Sexual Health clinic.
- 3) The second dose may be given in the sexual health clinic by the patient under supervision if they are not confident to administer themselves. If the patient says that they will not be able to self-administer without supervision in the future, then the method is not appropriate and other methods of contraception will be discussed.
- 4) Patient will be encouraged to sign up for text reminders at www.sayanaanswers.co.uk
- 5) Patient will be given link to video instructions (<https://www.sayanaanswers.co.uk/guide-to-self-injection>)
- 6) Sexual Health clinic will give patients a letter and will send a copy to their GP advising of the start of this medication.
- 7) Patients will need to contact their GP to request a prescription for their next dose (which they should self-administer at home **13 weeks** after their first dose (usual injection interval can be 10-14 weeks))
- 8) GP will need to prescribe all subsequent doses of Sayana Press® and will need to supply a small **purple-lidded** sharps bin for patient to use at home.
- 9) GP will need to inform patient how to arrange for the disposal of the sharps bin and subsequent supplies of the sharps bins as required.
- 10) GP prescriber will be responsible for checking that patient has not developed any new contra-indications to Sayana Press® during ongoing use:
 - a. see current FSRH Guidance on Injectable Contraception <https://www.fsrh.org/standards-and-guidance/documents/cec-ceu-guidance-injectables-dec-2014/>
 - b. and UK Medical Eligibility Criteria <https://www.fsrh.org/standards-and-guidance/uk-medical-eligibility-criteria-for-contraceptive-use-ukmec/>
- 11) **GP prescriber should ensure that patient has a 2-yearly review** to discuss:
 - i. Potential effect on bone mineral density/risk factors for osteoporosis, including:
 1. Alcohol and/or tobacco use
 2. Low BMI and/or eating disorder
 3. Previous low trauma fracture
 4. Family history of osteoporosis
 5. Chronic use of drugs that can reduce bone mass (e.g. anticonvulsants, steroids)
 6. Other long-acting reversible methods of contraception (IUS / IUD / Implant) have higher efficacy than both subcutaneous - and intramuscular - DMPA and should be offered to all patients.

11) Patients not wishing/able to continue with Sayana Press® can be seen in Solent Sexual Health Services for full contraception counselling and initiation of other methods if GP practice unable to do so.

If the patient indicates that they are thinking about a future pregnancy please signpost them to [Ready for pregnancy :: Healthier Together \(what0-18.nhs.uk\)](https://www.what0-18.nhs.uk).