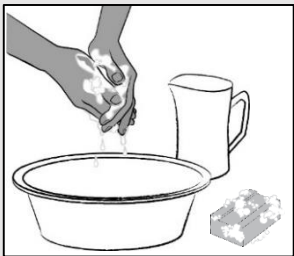


Sayana® Press/Subcutaneous DMPA (DMPA-SC) Self-injection Instructions

STEP 1: Wash hands



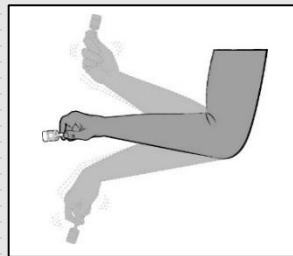
- Use soap and water.
- Shake hands in air to dry.

STEP 2: Open pouch

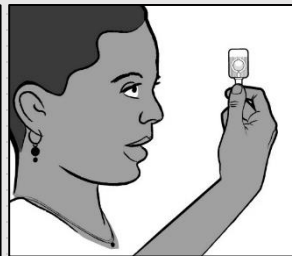


- Open pouch and remove device.
- Do not bend device.

STEP 3: Mix solution and check device



- Hold device **by the port** and shake until mixed (about 30 seconds).



- Check to ensure no damage or leaking.
- If you do not inject right away, shake and mix again.

STEP 4: Activate device by closing the gap

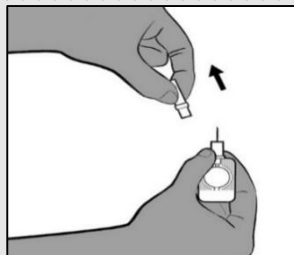


- Hold device by port.
- Point needle upward to prevent dripping.

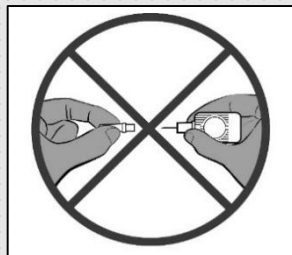


- Push cap firmly into port.
- If gap is not fully closed, you will not be able to press reservoir for injection.

STEP 5: Remove the needle cap

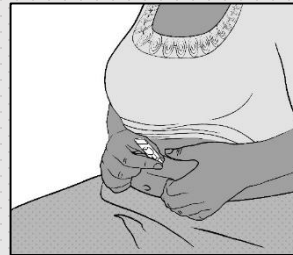


- Remove needle cap.



- Do not put needle cap back on.
- Throw cap in trash.

STEP 6: Gently pinch skin and insert needle



- Pinch skin to create a "tent".
- Hold device by the port and insert needle straight into skin at a downward angle. The port should touch skin completely to ensure needle is inserted at correct depth.



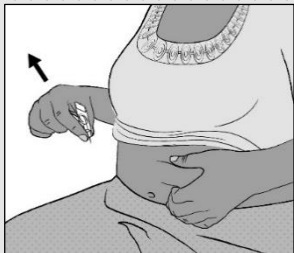
STEP 7: Press the reservoir slowly



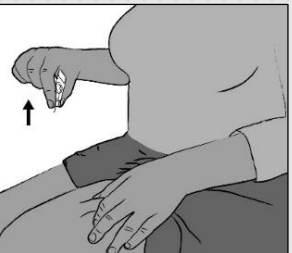
- Press reservoir slowly for 5 to 7 seconds.
- It is OK if there is some liquid left in the reservoir.



STEP 8: Remove the needle



- Remove the needle, then let go of the skin "tent".



- Do not rub injection site.

STEP 9: Discard the device



- Immediately discard device in puncture-proof container.
- Put on the container lid.
- Give it to VHT or health worker to be discarded.



STEP 10: Plan for your next injection in 3 months

- Use a calendar to count 3 months to your next injection date.
- Write that injection date on your calendar.

What if you miss your scheduled reinjection date?

If you are within 2 weeks before or 4 weeks after your scheduled injection date:

- You can still give yourself an injection and be protected against pregnancy.
- Cross off the date you missed on your calendar and write your actual injection date.
- Count 3 months from your actual injection date to your next injection date.
- Write that new injection date on your calendar.

If you are more than 1 month after your scheduled injection date:

- Do not give yourself a Sayana Press injection.
- Contact your health worker.
- Use condoms or do not have sex until you speak with your health worker.

Example calendar

Month 1						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
Month 2						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Month 3						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
Month 4						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Common Sayana Press side effects

Common side effects can include the following and are not usually cause for concern:

- Lack of monthly bleeding.
- Heavy or irregular monthly bleeding.
- Headaches.
- Changes in mood or sex drive.
- Weight gain.
- Abdominal pain.



Other important information

Sayana Press does not protect against sexually transmitted infections such as HIV. Please use condoms in addition to Sayana Press to prevent against sexually transmitted infections.

Store Sayana Press in a safe place away from children or animals and extreme heat or cold.

If you have questions about self-injection, your health, or side effects, please contact a health worker.

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