Common Questions about Sayana® Press

Sayana® Press is a low-dose form of depot medroxyprogesterone (DMPA) prefilled for subcutaneous injection with Uniject™, a prefilled easy-to-use injection device. Sayana Press has the same effectiveness and the same side effects as the intramuscular formulation of DMPA (depo-IM). Below are answers to some common questions about Sayana Press:

1. **HOW ARE SAYANA PRESS AND DEPO-IM DIFFERENT?**
   - Sayana Press is only available in a small injection system called Uniject. Uniject has a shorter needle and looks very different from DMPA in a standard IM syringe.
   - Sayana Press is the same medicine, but the dose is one-third less than depo-IM.
   - Sayana Press must be given into the fatty tissue under the skin—not into muscle. This is called a subcutaneous injection. Subcutaneous injections are taken up more slowly in the body than IM injections. This is why Sayana Press can be a lower dose but equally effective to depo-IM.

2. **IS IT SAFE TO SWITCH BETWEEN SAYANA PRESS AND DEPO-IM?**
   - Yes. It is safe to switch between depo-IM and Sayana Press, as long as the client is eligible for reinjection of DMPA.

3. **HOW IS SAYANA PRESS ADMINISTERED?**
   - Sayana Press is injected into the layer of fat under the skin in the back of the upper arm, the front of the thigh, or abdomen.
   - To give a subcutaneous injection with Uniject, the skin must be pinched and the needle inserted straight into the skin at a downward angle. The downward angle helps to prevent injection of the air bubble.
   - The job aid called “Sayana Press Injection Job Aid” gives more information on how to administer Sayana Press.

4. **WHAT WILL HAPPEN IF SAYANA PRESS IS INJECTED IN A MUSCLE?**
   - Sayana Press must be given in the fatty layer under the skin to work correctly. This is why it is important to pinch the skin during injection to pull the fat away from the muscle.
   - If DMPA is given in a muscle, it will not be as effective. However, the needle of Sayana Press is shorter than the depo-IM needle so it is not likely that it will reach the muscle.

5. **WHY IS THE UNIJECT RESERVOIR ONLY PARTLY FULL?**
   - The Sayana Press reservoir is larger than it needs to be for the dose of DMPA. This leaves some air in the reservoir. There is no harm if a little air is injected into the fat layer, but it is still important to point the needle downward while injecting to avoid injecting air.

6. **WHAT ARE SOME ADVANTAGES OF SAYANA PRESS COMPARED TO DEPO-IM?**
   - Sayana Press is prefilled in Uniject and each dose comes in a pouch that keeps it sterile. This makes Sayana Press easy, quick, and safe to use.
   - In some places Sayana Press might help make DMPA more available and easier to deliver in communities. This might make it easier for women to continue using it and to get their reinjections on time.
7. HOW EFFECTIVE IS SAYANA PRESS?
   - Sayana Press has the same effectiveness as depo-IM.
   - In two studies, a total of 1,779 women received Sayana Press every three months over one year. None of these women became pregnant during the studies.\(^1\)

8. DOES A WOMAN’S SIZE OR WEIGHT CHANGE THE EFFECTIVENESS OF SAYANA PRESS?
   - No. The dose does not need to be changed for women of different sizes.

9. WHERE HAS SAYANA PRESS BEEN APPROVED?
   - Sayana Press has been approved in Belgium, where it is manufactured. It has also been approved by the Medicines and Healthcare Products Regulatory Agency (MHRA) in the United Kingdom, which includes approvals for most of Europe. As of 2013, approvals are also in place or pending in many countries, including Bangladesh, Burkina Faso, Kenya, Niger, Pakistan, Senegal, and Uganda.
   - The Sayana Press manufacturer, Pfizer, is actively exploring other markets and may have a more complete list of regulatory applications and approvals.

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