Depo-IM and Sayana Press: Two formulas of the same contraceptive
LESSON 3

Learning objectives

• Describe the key features of Sayana Press.
• Describe how depo-IM and Sayana Press are similar and how they are different.
What is Sayana Press?

- A new formula of DMPA.
- Lower dose than depo-IM.
- Injected into the fatty tissue right under the skin.
- Only available in Uniject in most countries.
How depo-IM and Sayana Press are similar

Both depo-IM and Sayana Press:

• Are progestin-only injectable contraceptives.
• Are made with the same drug, DMPA.
• Are delivered every 3 months (13 weeks).
• Have a similar reinjection grace period.
• Are equally effective.
• Have the same side effects, except that Sayana Press might cause temporary irritation at the injection site.
How depo-IM and Sayana Press are different

<table>
<thead>
<tr>
<th>Feature</th>
<th>Depo-IM</th>
<th>Sayana Press</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mg/dose</td>
<td>150 mg</td>
<td>104 mg</td>
</tr>
<tr>
<td>Package</td>
<td>Vial and syringe</td>
<td>Prefilled Uniject syringe</td>
</tr>
<tr>
<td>Type of injection</td>
<td>Intramuscular (deep into the muscle)</td>
<td>Subcutaneous (in the fatty tissue under the skin)</td>
</tr>
<tr>
<td>Where to inject</td>
<td>• Arm (deltoid muscle)</td>
<td>• Anterior thigh (front of thigh)</td>
</tr>
<tr>
<td></td>
<td>• Hip</td>
<td>• Abdomen</td>
</tr>
<tr>
<td></td>
<td>• Buttocks</td>
<td>• Back of arm</td>
</tr>
<tr>
<td>Skin irritation</td>
<td>Skin irritation at injection site is not likely</td>
<td>Skin may be a little irritated at injection site</td>
</tr>
</tbody>
</table>
What have you learned about depo-IM and Sayana Press?

1. How often do you give a Sayana Press injection?

2. How are depo-IM and Sayana Press injection sites different?

3. What extra side effect might a woman experience with Sayana Press compared to depo-IM?

4. How else is Sayana Press different from depo-IM?