

DERBYSHIRE JOINT AREA PRESCRIBING COMMITTEE (JAPC)

Sayana® Press – A Guide for Primary Care

Sayana® Press (Medroxyprogesterone Acetate) is a progestogen 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) with an annual clinical review. It reduces the need for patients to attend regular clinic appointments.

Locally, 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.

Alternatively, patients who are confident can self-administer under guidance and supervision of the clinician for their first injection at their first consultation and will not require a second appointment. These patients should be made aware that they can contact the service in case of problems.

Consider

- Is the patient suitable for progestogen contraception?
- Assessing patient's understanding to recall to administer every 13 weeks
- Assessing competence/ maturity of woman to self-administer
- Appropriateness of using an injecting device
- Patient under 18? use if all options have been discussed and considered unacceptable or unsuitable – if used consider Bone Mineral Density (BMD) as per SPC
- Post-partum? Local specialist recommends following FSRH guidance, which differs to SPC.
 - SPC states if the patient is not breast-feeding, the injection should be given within 5 days; FSRH* - Sayana Press can be given up to 21 days postpartum without requirement for additional contraception protection.

circumstances	Starting day	Additional contraceptive protection required?	Any additional information
Postpartum	≤21 days postpartum	no	
	>21 days if menstrual cycles have returned	Start as for other women having menstrual cycles	If there has been a risk of pregnancy, consider EC and quick starting
	>21 days postpartum if menstrual cycles have not returned	Yes (7 days)	

- SPC states If the patient is breast-feeding, the injection should be given no sooner than 6 weeks postpartum. FSRH* guidance advises that prior to 6 weeks postpartum use in breastfeeding women is considered as UKMEC category 2 (where the advantages of using the method generally outweigh the theoretical or proven risks).

*Faculty of Sexual & Reproductive Health Clinical Guideline: Progestogen-only Injectable (December 2014, Amended October 2020) <https://www.fsrh.org/standards-and-guidance/documents/cec-ceu-guidance-injectables-dec-2014/>

Think

- About contra-indications, cautions and interactions See SPC
- 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
- Review annually. Loss of Bone Mineral Density: In women of all ages, careful re-evaluation of the risks and benefits of treatment should be carried out in those who wish to continue use for more than 2 years.

Do

- demonstrate to your patient, how the device works
- Ask about any concerns and questions then Observe patients' competence to self-administer
- Remind them that the bleeding pattern may be a bit different from the intramuscular preparation
- Inform them that there is a possibility of injection site reaction (lipodystrophy skin changes, particularly on the thighs), so consider abdominal rather than thigh injection site.
- Advise them to ensure another competent adult (who can call for help) is nearby when they inject because of the rare risk of anaphylaxis.
- Ensure that they have access to a purple lidded sharps bin (initially provided by the drug company or can be ordered from <https://www.medisa.com>) and are aware of the collection/disposal procedure.
- 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. 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 (NICE CG30). Send the patient the link to guidance on how to self-inject: <https://www.sayanaanswers.co.uk/guide-to-self-injection>.

Checklist (tick as a statement of agreement and understanding)

Health Professional/Clinician

- I have assessed the patient and there are no contra-indications to Sayana Press
- 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 their competence to do so
- I have provided a purple lidded sharps bin and advised of local collection /disposal arrangements
- Where I have administered the first injection, I will provide the patient with the Batch Number of the initial Sayana Press so that they can access the patient information from the company website www.sayanaanswers.co.uk , and the manufacturers Patient Information Leaflet . Patients that no longer have the batch number can enter code PT2022 in the field on the home page.

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

For more information including side effects, interactions, contra-indications etc visit:

medicines.org.uk (emc)

[SAYANA PRESS 104 mg/0.65 ml suspension for injection - Summary of Product Characteristics \(SmPC\)](#)

[SAYANA PRESS 104 mg/0.65 ml suspension for injection - Patient Information Leaflet \(PIL\)](#)

[SAYANA PRESS 104 mg/0.65 ml suspension for injection - Live Chat](#)

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

[BNF \(British National Formulary\) | NICE](#)

[Medisa](#) to order purple top clinical waste bins or self-admin patient reminder cards

[FSRH CEU Statement: Self-Administration of Sayana Press® \(September 2015\) - Faculty of Sexual and Reproductive Healthcare](#)

Checklist (tick as a statement of agreement and understanding)

Patient

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 self-administer my Sayana Press injection

I understand that I need one injection every 13 weeks (and that I can administer the injection within 7 days before I reach 13 weeks and 7 days after)

The benefits of Sayana Press and the possible side effects have been explained to me

I am aware that I can register for the self-administration Sayana-Press Text reminder service: txt SELF and the date the injection was given to 83311 in this format DD.MM e.g., SELF 31.07. If I register one week before the next injection, I will receive a reminder text. After each injection, I would need to re-register for the service.

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 the need to keep my sharps bin in a safe place and to return it to the practice when filled

If I experience any symptoms of a serious allergic reaction (e.g., breathing difficulty, fast heartbeat etc.) after administering Sayana Press, I will seek medical help immediately by calling 999 and will consider having an adult with me when I administer my medicine.

I am aware of the potential side-effects and know the ones I would need to contact my practice to discuss with them, or those that could wait to discuss at my annual review. If I think I have experienced a side effect from Sayana Press I will report it to the MHRA, forms and information can be found at www.mhra.gov.uk/yellowcard.

I am aware that Sayana Press is not a 100% guarantee against pregnancy, and I know what to do if I suspect I am pregnant.

I am aware of the potential delay and impact of treatment on the return to previous fertility level when treatment is stopped.

I am aware that Sayana Press does not provide protection against HIV or other Sexually Transmitted Infections (STIs)

I can get additional information from www.sayanaanswers.co.uk