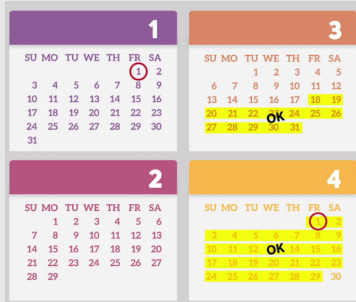


Inject DMPA-SC every 3 months

PLANNING FOR YOUR NEXT INJECTION

Make a note (in your calendar or phone) to remind yourself of the next injection date after **every** injection.

You are protected against pregnancy when you inject within **2 weeks** before or **4 weeks** after your scheduled injection date.



WHAT IF YOU MISS YOUR SCHEDULED REINJECTION DATE?

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

- Mark the date when you actually give yourself the injection.
- Then count ahead 3 months from your actual injection date.
- **This date is now your next injection date. Make a note in your calendar or phone.**

If you are **more than 4 weeks** after your scheduled injection date:

- **Do not** give yourself the DMPA-SC injection.
- Contact your healthcare provider to discuss your family planning options.
- To avoid pregnancy, use condoms or do not have sex until you speak with a healthcare provider.

COMMON SIDE EFFECTS:

When using DMPA-SC, you might experience:

- **Lack** of monthly bleeding.
- **Heavy** or **irregular** monthly bleeding.
- Minor headaches.
- Changes in **mood** or **interest in sex**.
- Weight gain.
- Abdominal pain or cramps.

These are not usually something to worry about, but if you are concerned, contact a healthcare provider.

Watch: How to give yourself an injection with DMPA-SC: An all-in-one contraceptive by visiting:

bit.ly/selfinjectdmpa

How to self-inject with DMPA-SC, a new-generation all-in-one contraceptive

WHAT IS DMPA-SC?

DMPA-SC is an all-in-one injectable contraceptive that combines the drug and needle in the Uniject™ injection system. DMPA-SC is a low dose formulation of progestin-only contraceptive and contains 104mg of DMPA per 0.65ml dose. DMPA-SC is administered via subcutaneous injection (similar to insulin injections) and **lasts three (3) months**.



OTHER IMPORTANT INFORMATION

DMPA-SC **does not** protect against sexually transmitted infections (STIs) such as HIV. Condoms should be used in addition to DMPA-SC to prevent against STIs.

DMPA-SC should be stored in a safe place away from children or animals and extreme heat or cold.

To learn more about DMPA-SC, including benefits of self-injection or possible side effects, speak to your service provider at:

Facility Name: _____

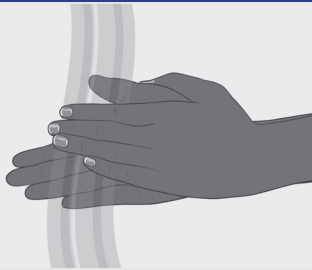
Provider: _____

Contact Info: _____



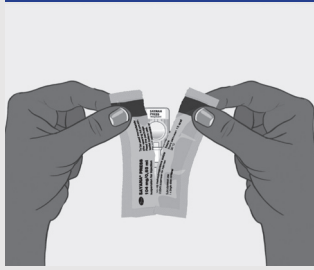
The material in this document was adapted from PATH's "Sayana® Press/ Subcutaneous DMPA (DMPA-SC) Self-injection Instructions" by the USAID-funded Advancing Partners & Communities and USAID DISCOVER Health projects.

STEP 1: Wash hands



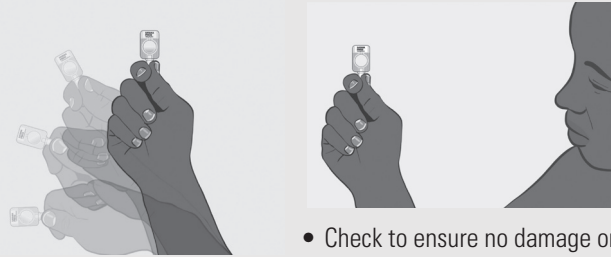
- Use soap and water
- Shake hands in air to dry

STEP 2: Open pouch



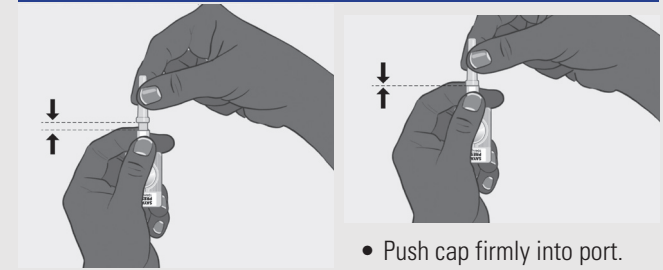
- Open pouch and remove device.
- Do not bend device.

STEP 3: Mix solution and check device



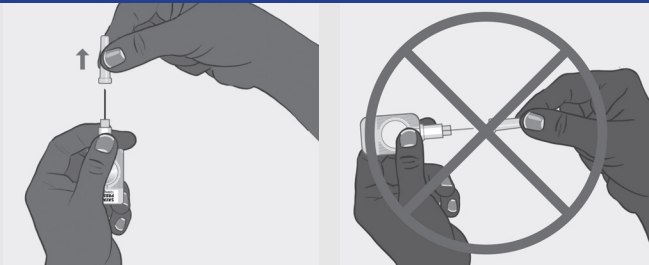
- Hold device by the port and shake until mixed (about 30 seconds).
- Check to ensure no damage or leaking.
- If you do not inject right away, shake and mix again.

STEP 4: Activate device by closing the gap



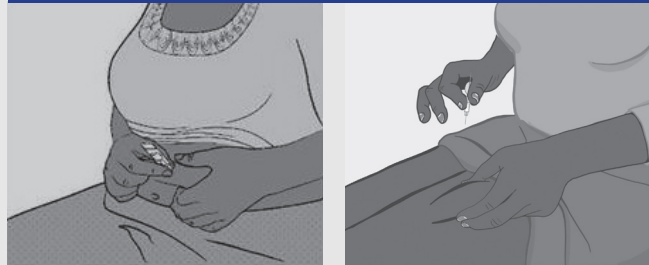
- Hold device by port.
- Point needle upward to prevent dripping.
- Push cap firmly into port.
- If gap is not fully closed, you will not be able to press reservoir for injection.

STEP 5: Remove the needle cap



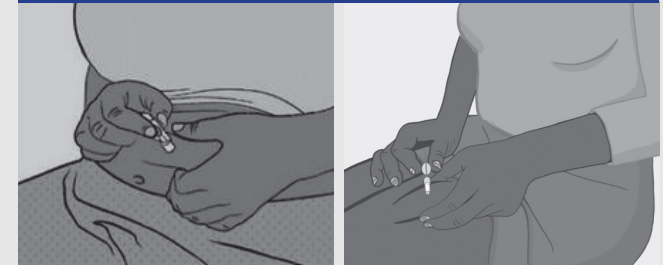
- Remove needle cap
- Do not put needle cap back on.
- Throw cap in trash

STEP 6: Gently pinch skin and insert needle



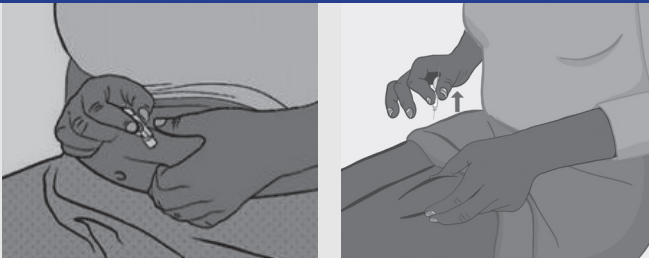
- Pinch skin to create a "tent"
- Hold device by the port and insert needle straight into skin at a downward angle. The port should touch skin completely to ensure needle is inserted at correct depth.

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

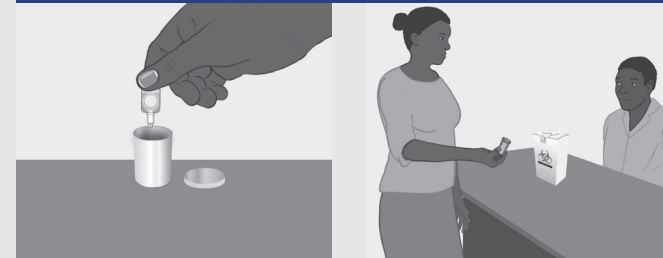


- Remove the needle, then let go of the skin "tent".



- 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 healthcare provider to be discarded.