NHS
Southampton City
Clinical Commissioning Group

Sayana® Press – A Guide for Primary Care

Sayana® Press (Medroxyprogesterone Acetate) is a progesterone 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 week) with an annual clinical review, therefore reducing the need for patients to attend regular clinic appointments.

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.

Consider

- Is the patient suitable for progesterone contraception?
- Patient under 18? – consider Bone Mineral Density (BMD)
- Assess your patient's understanding to recall to administer every 13 weeks
- Assess competence/ maturity of woman to self-administer
- Appropriateness of using an injecting device
- Post partum? If your patient is not breast-feeding, the injection should be given within 5 days post partum

Think

- About Criteria for Exclusions – see overleaf
- 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
- Re-evaluate use of this method after 2 years

Do

- At the 2nd dose review appointment; demonstrate to your patient, how the device works
- Observe your patients' competence to self-administer
- Remind them that the bleeding pattern may be a bit different from the intramuscular preparation, bleeding may be heavier
- Inform them that there might be slight skin changes at injection sites
- Ensure that they have access to a purple lidded sharps bin (recommend practice orders a supply from https://www.medisa.com and supplies to patient) and are aware of the collection/disposal procedure (sign up by practice to local collection service)
- 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 (NICE, 2014). 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. https://www.nice.org.uk/guidance/cg30

- ***Sayana® Press SPC: www.medicines.org.uk/emc/product/3148***
- ***Sayana® Press PIL: https://www.medicines.org.uk/emc/product/3148***

Checklist

- Check Criteria for Exclusion
- Assess 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 her competence to do so
- Patient eligibility card signed (card administered to patient with details of when contraceptive due)
- Provided patient with a purple lidded sharps bin and advised of local collection /disposal arrangements

Additional Information

Criteria for Exclusion – also refer to SPC *www.medicines.org.uk/emc/product/3148*

- Not reached menarche
- Women over 50 years old
- Women aged under 16 years (only indicated under 18 when other contraceptive methods are considered unsuitable or unacceptable, due to unknown long-term effects of bone loss)
- Women who have used Sayana® Press for 1 year without reassessment by a medical or non-medical prescriber
- Actual or possible pregnancy
- Woman who is breastfeeding and less than six weeks post-partum
- Unexplained abnormal vaginal bleeding
- Preceding dose within past 77 days (11 weeks) or greater than 14 weeks
- Current or recent venous thromboembolism
- Past history of arterial disease i.e. ischaemic heart disease or stroke
- Multiple risk factors for arterial disease (such as older age, smoking, diabetes, hypertension)
- Positive antiposphilipid antibodies
- Current severe thrombocytopenia
- Diabetes of over 20 years duration
- Current or history of breast or genital cancer
- Liver disease/tumours
- Nephropathy/ retinopathy
- Acute porphyria
- Medical risk factors for low bone mineral density e.g. prolonged anticonvulsants or corticosteroid use, previous low trauma fracture, family history of osteoporosis, anorexia nervosa (see below)
- Patients prescribed concurrent aminoglutethamide
- Planning a pregnancy in next 18 months.
- History of amenorrhoea associated with low oestrogen levels, e.g. anorexia nervosa or excess exercise induced
- Known hypersensitivity to any of the components of medroxyprogesterone acetate or any ingredient of the vehicle
- Informed non consent
- Assessed as not competent to consent to treatment

Side effects

The woman should be aware of delay in return to fertility, menstrual irregularities, amenorrhoea, cervical smear abnormalities, weight changes, possible skin change at injection site (redness, itch, dimpling or nodule), progestogenic side effects (headache, dizziness, injection site reactions, paraesthesia, disturbance of appetite, abdominal pain, fatigue, decreased libido, backache, leg cramps, depression, anxiety, irritability, emotional disorders, affective disorder, nausea, insomnia, leucorrhoea, acne, vaginitis, pelvic pain, breast pain, alopecia, bloating, rash, oedema, hot flushes), the association with long term use of depot medroxyprogesterone acetate (Sayana® Press) and low bone mineral density; the importance of attending for injection at the correct time.