



## An overview of subcutaneous DMPA: A new type of injectable contraception that expands access and options

A new type of injectable contraception is transforming the way women and adolescent girls access and use family planning. **Subcutaneous DMPA, or DMPA-SC**,\* is an innovative product that makes injections simpler. Because DMPA-SC is easy to use, any trained person can administer it, including community health workers, pharmacists, and even women themselves.

As governments work to ensure a wide variety of contraceptives is available in their country, they should consider how offering DMPA-SC can address unmet need and increase access through a range of delivery channels.

### Benefiting users, providers, and health systems

- **99 percent effective** at preventing unintended pregnancy when given correctly and on time every three months.
- **Discreet contraception** for women and adolescent girls.
- **Prefilled** and ready to inject.
- **Small and light.**
- **Simple to inject** due to short needle.
- **Stable at room temperature** (15°C to 30°C).
- **Three-year shelf life.**
- **Simplified logistics**—no need to match vial with syringe and needle.
- **Easy to deliver** through clinics, community-based distribution, pharmacies, and drug shops.

\*DMPA stands for depot medroxyprogesterone acetate.



### The term “subcutaneous DMPA”: What you need to know

Subcutaneous DMPA is a general term used to describe an injectable contraceptive that is administered under the skin. Traditional DMPA is injected into the muscle, which generally requires more training and skill.

Sayana<sup>®</sup> Press,\* manufactured by Pfizer Inc., is the brand name of the subcutaneous DMPA product available today in most countries. This “all-in-one” product combines the contraceptive drug and needle into a single device. Other versions of subcutaneous DMPA products may become available in the future.

The information in this overview is specific to Sayana Press.

\*Sayana Press is a registered trademark of Pfizer Inc.

PATH/Gabe Bienczycki



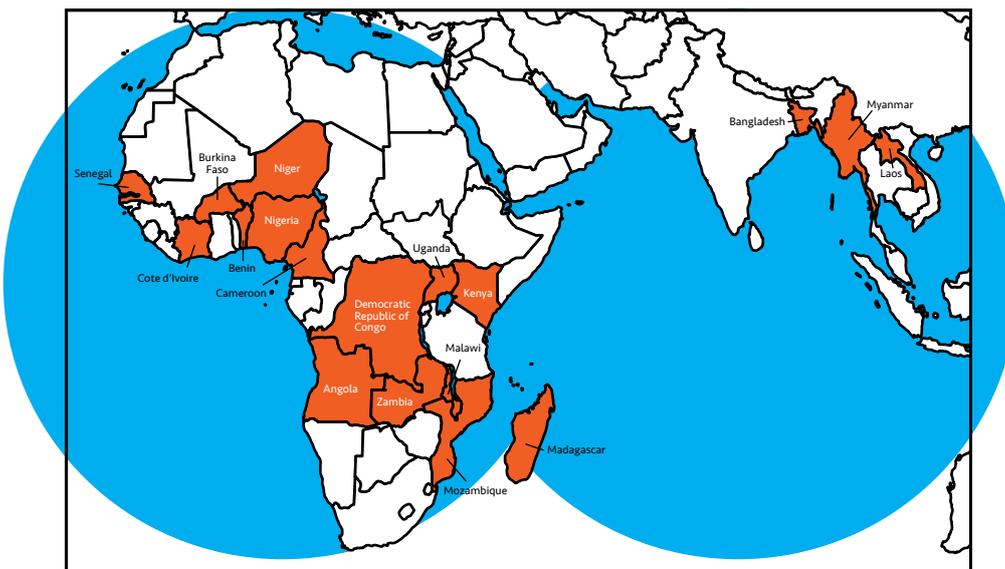
“Sayana Press is an easy method. I like it because it is all-in-one and always ready for use. It makes the work easier and I lose less time. In the end, I have more time to spend with clients.”

–Midwife, Senegal

### Putting power in women’s hands

- User-friendly design makes it **possible for women to self-inject with proper training.**
- Product is **registered for self-injection** in the United Kingdom, several European countries, and in an increasing number of Family Planning (FP) 2020 countries,\* including Ghana, Mali, Myanmar, Niger, Nigeria, Uganda, and Zambia.
- **Self-injection is supported by the World Health Organization** where women have access to training and support.
- Evidence from Uganda and Senegal indicates **self-injection in sub-Saharan Africa is feasible and acceptable.**

\*FP2020 aims to expand access to family planning information, services, and supplies to an additional 120 million women and girls in 69 of the world's poorest countries. For the full list of FP2020 countries, see: <http://www.familyplanning2020.org/entities>.



Select countries where DMPA-SC piloting or introduction is in process (as of May 2017)

- Angola
- Bangladesh
- Benin
- Burkina Faso
- Cameroon
- Cote d'Ivoire
- Democratic Republic of Congo
- Kenya
- Laos
- Madagascar
- Malawi
- Mozambique
- Myanmar
- Niger
- Nigeria
- Senegal
- Uganda
- Zambia

### Taking off around the world

- Available in at least **15 FP2020 countries.**
- **Approved by regulatory agencies** in the European Union and more than **25 countries worldwide.**
- **Offered at US\$0.85 per dose for qualified purchasers**—for example, ministries of health and donors—in FP2020 countries.

**How is DMPA-SC different from intramuscular (IM) injectable contraception?**

**DMPA-SC** (Sayana® Press)

Comes in a prefilled, **“all-in-one” injection system.**

**Is injected under the skin.**

**Has lower dose of DMPA** (104 mg).

**Has 2.5-centimeter needle.**

Is currently available to qualified purchasers for **US\$0.85 per dose.** Cost-effectiveness is being studied when compared to DMPA-IM.



**DMPA-IM** (Depo-Provera®\* and generic options)

Comes in a **vial with a separate syringe.**

**Is injected into the muscle.**

**Has higher dose of DMPA** (150 mg).

**Has 3.8-centimeter needle.**

Is currently available for about **US\$0.70–0.80 per dose.**

**What do DMPA-SC and DMPA-IM have in common?**

- ◀ **Safe and highly effective at preventing unintended pregnancy.**
- ◀ **Delivered every three months.**
- ◀ **Do not protect from HIV and other sexually transmitted infections.** (For more information, please see the tool, “DMPA and HIV: What advocates need to know.”)
- ◀ **Comparable in regard to side effects.**
- ◀ **Based on its lower dose, DMPA-SC is expected to have a side-effect profile that is similar to or better than that of DMPA-IM.** Some women may experience side effects with either DMPA product, such as menstrual bleeding irregularities, headaches, weight gain, and injection-site reactions, including mild pain or inflammation.

\*Depo-Provera is a registered trademark of Pfizer Inc.