

PATH/Will Boase



## 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.
- **Lower dose of contraceptive hormone** than intramuscular DMPA (DMPA-IM).
- **Shorter needle** for easier and more comfortable injections.
- **Small and light.**
- **Discreet contraception** for women and adolescent girls.
- **Stable at room temperature** (15°C to 30°C).
- **Simplified logistics**—no need to match vial with syringe and needle.
- **Easy to deliver** through all public- and private-sector channels.
- **Preferred by most women and providers** over DMPA-IM.



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

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

Sayana<sup>®</sup> Press,<sup>\*</sup> 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.

\*DMPA stands for depot medroxyprogesterone acetate.

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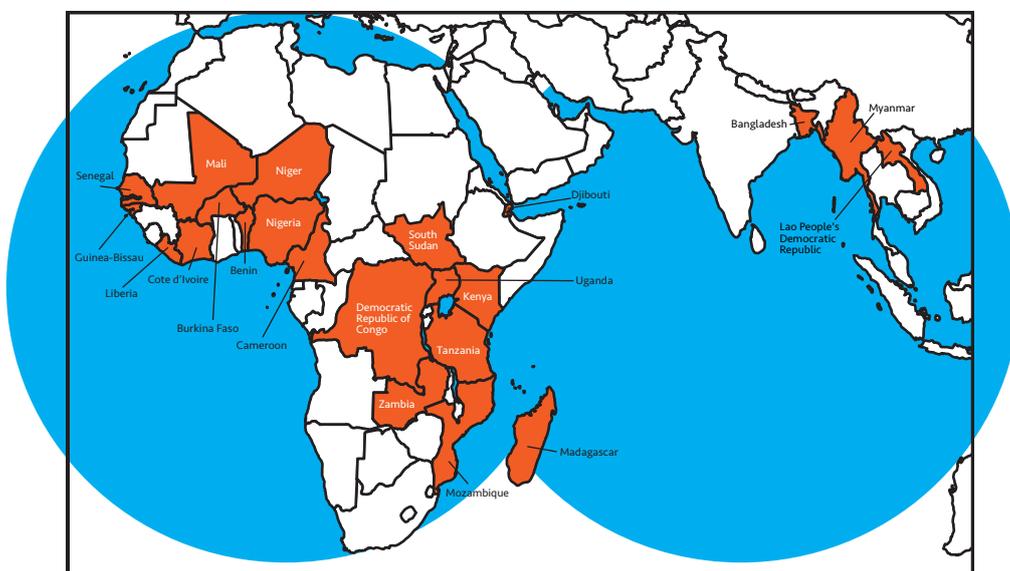
“Sayana Press is an easy method. I like it because it is all-in-one and always ready for use. It makes the work easier and I lose less time. In the end, I have more time to spend with clients.”

—Midwife, Senegal

### Empowering women and driving outcomes

- Product is **registered for self-injection** in the United Kingdom, several European countries, and in more than 10 Family Planning (FP) 2020 countries.\*
- **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.**
- New results from four different countries show that **women who self-inject DMPA-SC continue using injectable contraception longer** than those who receive injections from providers—meaning fewer unintended pregnancies.
- Data from Uganda demonstrate that, compared to provider-administered DMPA-IM, **self-injection of DMPA-SC is not just cost-effective but cost saving** when accounting for costs to both women and health systems.

\*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, introduction, or scale-up is in process (as of April 2018)

- Bangladesh
- Benin
- Burkina Faso
- Cameroon
- Democratic Republic of Congo
- Côte d'Ivoire
- Djibouti
- Guinea-Bissau
- Kenya
- Lao People's Democratic Republic
- Liberia
- Madagascar
- Mali
- Mozambique
- Myanmar
- Niger
- Nigeria
- Senegal
- South Sudan
- Tanzania
- Uganda
- Zambia

### Taking off around the world

- Available in at least **20 FP2020 countries.**
- **Approved by regulatory agencies** in more than **40 countries worldwide**, including in the European Union.
- **Offered at US\$0.85 per dose for qualified purchasers**†—for example, ministries of health and donors—in FP2020 countries.

†This pricing reflects a six-year agreement. During the six years (2017–2022), the price is guaranteed at US\$0.85. After the agreement, Pfizer Inc. is committed to ensuring the product continues to be available at an affordable price.

## How is DMPA-SC different from DMPA-IM?

### DMPA-SC (Sayana® Press)

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

**Is injected into the fat under the skin.**

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

**Has 2.5-centimeter needle.**

Can be administered by **clinic providers, community health workers, pharmacists, or by women themselves** where allowed.

Is currently available to qualified purchasers for **US\$0.85 per dose.**



### 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.**

**Typically administered by providers,** but can be administered by community health workers and pharmacists where allowed.

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.