Resources: A list of references about subcutaneous DMPA (companion to “Evidence at-a-glance”)

Subcutaneous DMPA (DMPA-SC) is an innovative product that makes contraceptive injections simpler. Most resources linked below refer to Sayana® Press—a DMPA-SC product manufactured by Pfizer Inc. that combines the drug and needle in a single device. Please note that the vast majority of resources linked are available in English only.

DMPA-SC is a highly effective and safe contraceptive option.

Sayana® Press clinical brief PATH 2017

Medical eligibility criteria for contraceptive use World Health Organization (WHO) 2015

Pharmacokinetics of subcutaneous depot medroxyprogesterone acetate injected in the upper arm Contraception 2014

Progestin-only contraception: Injectables and implants Best Practice & Research Clinical Obstetrics & Gynaecology 2014

Sayana® Press: Can it be a “game changer” for reducing unmet need for family planning? Contraception 2014

Family planning providers and clients like DMPA-SC.

Monitoring Sayana Press pilot introduction PATH 2017

Observational study of the acceptability of Sayana® Press among intramuscular DMPA users in Uganda and Senegal Contraception 2014


Provider acceptability of Sayana® Press: Results from community health workers and clinic-based providers in Uganda and Senegal Contraception 2014

Acceptability of Depo-subQ in Uniject, now called “Sayana Press” FHI 360 2013

Quick facts about DMPA-SC (Sayana® Press)

- 99 percent effective at preventing unintended pregnancy when given correctly and on time every three months. Does not protect from HIV and other sexually transmitted infections.

- Prefilled and ready to inject.

- Easy to use, including by community health workers and women themselves (self-injection).

- Small and light, with a short needle.

- Stable at room temperature (15°C–30°C).

- Three-year shelf life.

- Available in at least 15 FP2020 countries.

- Can be purchased at US$0.85 per dose by qualified buyers (including ministries of health in FP2020 countries).

*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.
DMPA-SC can be administered successfully by community health workers.

Monitoring Sayana Press pilot introduction PATH 2017

Injections and beyond: Training community health workers to provide contraception in Uganda PATH 2016 (See Presentation 3)

Pilot research as advocacy: The case of Sayana Press in Kinshasa, Democratic Republic of the Congo
Global Health: Science and Practice 2016

Task shifting in Sayana Press introduction in the Democratic Republic of Congo (DRC) Tulane University DRC 2016 (See Presentation 2)

The community health worker: A game changer for family planning PATH 2016

Community health workers: Bringing family planning services to where people live and work High Impact Practices (HIP) 2015

Operational assessments of Sayana® Press provision in Senegal and Uganda Contraception 2014

Feasibility of administering Sayana® Press in clinics and communities: Summary findings from an operational assessment in Senegal PATH 2013

Operational assessment: Administration and management of Sayana® Press in clinics and communities in Uganda PATH 2013

Global experience of community health workers for delivery of health related Millennium Development Goals: A systematic review, country case studies, and recommendations for integration into national health systems Global Health Workforce Alliance 2010

Community-based health workers can safely and effectively administer injectable contraceptives WHO 2009

DMPA-SC can expand the options available to women who have never used contraception before.

Monitoring Sayana Press pilot introduction PATH 2017

Introducing the next generation injectable in Nigeria DKT Nigeria 2016
Women can self-inject DMPA-SC with training and support and consider self-injection acceptable.

A prospective cohort study of the feasibility and acceptability of depot medroxyprogesterone acetate administered subcutaneously through self-injection Contraception 2016

Stakeholder views on self-injection of DMPA-SC in Senegal and Uganda PATH 2016

The mother: Giving women control PATH 2016

Health worker roles in providing safe abortion care and post-abortion contraception WHO 2015 (Page 62)

Pfizer’s Sayana® Press becomes first injectable contraceptive in the United Kingdom available for administration by self-injection Pfizer 2015


Perceptions of home and self-injection of Sayana® Press in Ethiopia: A qualitative study Contraception 2014

Randomized clinical trial of self versus clinical administration of subcutaneous depot medroxyprogesterone acetate Contraception 2014

Pilot study of home self-administration of subcutaneous depo-medroxyprogesterone acetate for contraception Contraception 2012

Self-administration of subcutaneous depot medroxyprogesterone acetate for contraception: Feasibility and acceptability Contraception 2012

Home-based administration of depo-subQ provera 104™ in the Uniject™ injection system: A literature review PATH 2011

Self-administration of subcutaneous depot medroxyprogesterone acetate by adolescent women Contraception 2010

The acceptability of self-administration of subcutaneous Depo-Provera Contraception 2005

Self-administration with UniJect® of the once-a-month injectable contraceptive Cyclofem® Contraception 1997
DMPA-SC may be an appropriate option for administration through pharmacies and drug shops, as well as social marketing initiatives.

Experience with DMPA-SC: Social marketing in Bangladesh  
Social Marketing Company 2017

Introducing the next generation injectable in Nigeria  
DKT Nigeria 2016

Key role of drug shops and pharmacies for family planning in urban Nigeria and Kenya  
Global Health: Science and Practice 2016

Drug shops and pharmacies: Sources for family planning commodities and information  
HIP 2013

WHO recommendations: Optimizing health worker roles to improve access to key maternal and newborn health interventions through task shifting  
WHO 2012

Additional resources

Data on DMPA-SC service delivery through family planning programs

How to introduce and scale up Sayana Press (DMPA-SC in Uniject)  
PATH 2017

Advancing community-based access to Sayana Press: Expanding the reach of the formal health system  
Advancing Partners & Communities 2016

Training doesn’t end there: Lessons learned from supportive supervision of providers offering a new injectable contraceptive in Burkina Faso  
UNFPA Burkina Faso 2016 (See Presentation 1)

Resources on DMPA and HIV

Guidance statement: Hormonal contraceptive eligibility for women at high risk of HIV  
WHO 2017

Hormonal contraceptive eligibility for women at high risk of HIV: Frequently asked questions  
WHO 2017

Hormonal contraceptives and HIV – An introductory fact sheet  
AVAC 2017

What is up with DMPA and “grades” for family planning? (A plain language explanation)  
AVAC 2017

An updated systematic review of epidemiological evidence on hormonal contraceptive methods and HIV acquisition in women  
AIDS 2016

Strategic communication framework for hormonal contraceptive methods and potential HIV-related risks  
Health Communication Capacity Collaborative 2016

Medical eligibility criteria for contraceptive use  
WHO 2015