



## Resources: A list of references about subcutaneous DMPA

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.

[The coming-of-age of subcutaneous injectable contraception](#) Global Health: Science and Practice 2018

[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.

[Expanding access to injectable contraception: Results from pilot introduction of subcutaneous depot medroxyprogesterone acetate \(DMPA-SC\) in 4 African countries](#)

Global Health: Science and Practice 2018

[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

[Preference for Sayana® Press versus intramuscular Depo-Provera among HIV-positive women in Rakai, Uganda: A randomized crossover trial](#) Contraception 2014



### 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.
- **Lower dose of contraceptive hormone than intramuscular DMPA.**
- **Small and light, with a short needle.**
- **Easy to use**, including by community health workers and women themselves (self-injection).
- **Stable at room temperature** (15°C–30°C).
- **Three-year shelf life.**
- **Available in at least 20 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.

PATH/WILL Boase



**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

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

**Expanding access to injectable contraception: Results from pilot introduction of subcutaneous depot medroxyprogesterone acetate (DMPA-SC) in 4 African countries**  
Global Health: Science and Practice 2018

**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)

**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,**



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[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.**

[Evaluating the feasibility and acceptability of self-injection of subcutaneous depot medroxyprogesterone acetate \(DMPA\) in Senegal: a prospective cohort study](#) Contraception 2017

[A prospective cohort study of the feasibility and acceptability of depot medroxyprogesterone acetate administered subcutaneously through self-injection in Uganda](#) Contraception 2016

[Stakeholder views on self-injection of DMPA-SC in Senegal and Uganda](#) 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

[Home-based administration of Sayana® Press: Review and assessment of needs in low-resource settings](#) Contraception 2014

[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

**Women who self-inject DMPA-SC continue using injectable contraception longer than women who receive injections from providers.**

[Continuation of injectable contraception when self-injected v. administered by a facility-based health worker: A non-randomized, prospective cohort study in Uganda](#)

Contraception 2018

[Effect of self-administration versus provider-administered injection of subcutaneous depot medroxyprogesterone acetate on continuation rates in Malawi: a randomised controlled trial](#)

The Lancet Global Health 2018

[DMPA self-administration can improve contraceptive access, continuation, and autonomy](#)

The Lancet Global Health 2018

[Increased 1-year continuation of DMPA among women randomized to self-administration: results from a randomized controlled trial at Planned Parenthood](#)

Contraception 2018

**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 and resources on DMPA-SC service delivery through family planning programs**

[Family planning - A global handbook for providers](#) WHO 2018

[DMPA-SC introduction and scale-up in Nigeria: Future benefits for contraceptive use and savings](#) Health Policy Plus 2018

[Rapid uptake of the subcutaneous injectable in Burkina Faso: Evidence from PMA2020 cross-sectional surveys](#)  
Global Health: Science and Practice 2018

[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