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.

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
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,
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


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
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

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

DMPA self-administration can improve contraceptive access, continuation, and autonomy

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

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

Introducing the next generation injectable in Nigeria

Key role of drug shops and pharmacies for family planning in urban Nigeria and Kenya

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

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

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