

Sayana® Press – Guidance for Primary Care

Sayana® Press is a progesterone only Long Acting Reversible Contraceptive (LARC) injection for subcutaneous administration¹ Sayana® Press is a treatment option when initiating a long-acting reversible progestogen-only injectable for contraceptive purposes in females of child bearing potential (use in adolescent females aged 12-18 subject to clinical discretion).

Sayana® Press is supplied in a single-dose container which contains 104mg medroxyprogesterone acetate in 0.65ml of suspension and is in the form of a pre-filled injector device. It has been designed to allow patients to **self-administer the injection subcutaneously** at home into the anterior thigh or abdomen at intervals of 13 weeks (\pm 1 week) with an **annual clinical review**.² It reduces the need for patients to attend regular clinic appointments.

The LARC injection Depo-Provera® (Medroxyprogesterone acetate 150mg/ml) also has a green traffic light classification on the Barnsley Joint Formulary. This is injected intramuscularly once every 12 weeks (\pm 5 days). Depo- Provera® is not suitable for self-administration by the patient.

NICE evidence summary ESNM31 (January 2014) states that Sayana® Press is as effective as Depo - Provera® for preventing pregnancy.¹ Bone mineral density loss and weight gain were similar with both methods of administration.¹

We recommend following these simple guidelines if you or your patient are considering using Sayana® Press and self-administration.

Locally, we recommend that the clinician administers the first injection, whilst demonstrating to the patient how the device works. At the next follow up appointment review the acceptability of Sayana® Press, including tolerance to any presenting side effects. At this follow-up appointment the patient should also self-administer the injection in front of the clinician. If the clinician is confident in the patient's competence, a prescription can be provided. It is suggested that 1 pre-filled disposable injection is prescribed for 13 weeks initially and the patient reviewed again after their first injection at home. Where appropriate 12 months supply (4 pre-filled disposable injections) can then be prescribed.

The Barnsley Area Prescribing Committee recommends that medroxyprogesterone acetate LARC injections are prescribed by brand name to reduce the risk of errors occurring. Sayana® Press and Depo-Provera® are different strength preparations and have different routes of administration.

Advice for Prescribers

Consider

- Is the patient suitable for progesterone contraception?
- Assessing your patient's understanding to recall to administer every 13 weeks
- Assessing competence/ maturity of woman to self-administer
- Appropriateness of using an injecting device
- Patient under 18? – consider Bone Mineral Density (BMD). Use of Sayana® Press is only indicated when other contraceptive methods are considered unsuitable or unacceptable.
- Postpartum? If your patient is not breast-feeding, the injection should be given within 5 days

Think

- About contra-indications? (e.g. Sayana® Press is contra-indicated if pregnancy is known or suspected)
- About managing your patients' expectations e.g. return to fertility (up to 1 year), menstrual changes etc.
- Safeguarding - home storage of consumables and sharps, especially in young family households
- Re-evaluate use of this method after 2 years

Do

- At the first appointment administer the injection to the patient, whilst demonstrating to the patient how the device works.
- At the second dose follow up appointment, demonstrate again to the patient how the device works and allow the patient to self-administer the injection in front of you. Observe the patient's competence to self-administer.
- If you are happy with the patient's competence to self-administer, a prescription can be provided (it is suggested that 1 pre-filled disposable injection is prescribed for 13 weeks initially and the patient reviewed again after their first injection at home).
- Remind the patient that the bleeding pattern may be a bit different from the intramuscular preparation, bleeding may be heavier.
- Inform the patient that there might be slight skin changes at injection sites.
- Ensure that the patient has access to a purple lidded sharps bin (a prescription can be provided) and are aware of the collection/disposal procedure. See [Appendix 2](#) for sharps bins disposal locations.
- Ensure the patient is aware that they need to attend an annual clinical review.
- Remind your patient that contraception does not protect them from STIs and ensure they have access to condoms if needed.
- Provide verbal and written information (NICE CG30:Long-acting reversible contraception).³ This information should take into consideration their individual needs and should include: contraceptive efficacy, duration of use, risks and possible side effects, non-contraceptive benefits, the procedure for initiation and removal /discontinuation and when to seek help while using the method.
- Complete the checklist in [Appendix 1](#) as a statement of agreement and understanding.

References

1. NICE ESNM31: Long-acting reversible contraception: subcutaneous depot medroxyprogesterone acetate (DMPA-SC). Available at: <https://www.nice.org.uk/advice/esnm31/chapter/Key-points-from-the-evidence>. Accessed <28/06/21>
2. EMC: Sayana Press 104mg/0.65ml suspension for injection. Available at: <https://www.medicines.org.uk/emc/product/3148/smpc> Accessed <28/06/21>
3. NICE CG30: Long-acting reversible contraception. Available at: <https://www.nice.org.uk/guidance/cg30>. Accessed <28/06/21>

Acknowledgements

This guidance is adapted from Derbyshire Joint Area Prescribing Committee (JAPC): Sayana® Press – A guide for Primary Care (produced March 17, last reviewed Feb 20, review date Jan 23)

Development Process

This guideline has been developed in consultation with Specialists at Barnsley Integrated Sexual Health (BISH), Spectrum Community Health CIC. This guideline was approved by Barnsley Area Prescribing Committee on 13th October 2021.

Appendix 1: Checklist

<u>Health Professional/Clinician</u>	Tick as a statement of agreement and understanding
I have assessed the likelihood of pregnancy	<input type="checkbox"/>
The patient has consented to self-administer?	<input type="checkbox"/>
The patient is aware of the possible side effects and when to seek medical advice	<input type="checkbox"/>
I have witnessed the patient self-administering and I am confident in her competence to do so	<input type="checkbox"/>
I have provided a purple lidded sharps bin and advised of local collection /disposal arrangements	<input type="checkbox"/>
<u>Patient</u>	
I understand that the injection can be given by my doctor or nurse, or I can be taught how to inject myself	<input type="checkbox"/>
- I have chosen to learn how to inject myself	<input type="checkbox"/>
I understand that I need one injection every 13 weeks. I understand that I will be prescribed 1 pre-filled disposable injection for 13 weeks to take home initially (if self-administering). I understand that I will not receive any further injections until I have had a review. I understand that I will need to make an appointment at the practice for a review to take place at least two weeks before my next injection is due.	<input type="checkbox"/>
The benefits of Sayana® Press and the possible side effects have been explained to me	<input type="checkbox"/>
I am aware that I can set mobile phone reminders if I need to be reminded when my next dose is due via Sayana® Press website (www.sayanaanswers.co.uk)	<input type="checkbox"/>
I will contact the surgery if I have any worries about injecting, particularly: <ul style="list-style-type: none"> • Very painful or longer-lasting reactions at the injection site • If I am worried I may not have given the injection correctly • If it has been more than 14 weeks since my last injection • If I have changed my mind and don't want to give the injection myself • Any other concerns I may have 	<input type="checkbox"/>
I understand the need to keep my sharps bin in a safe place and to return it to a sharps bin disposal location when filled	<input type="checkbox"/>
I understand that I need to attend an annual clinical review	<input type="checkbox"/>
For more information, including the patient information leaflet visit: http://www.sayanapress.co.uk/sayana-home	
Important note: Sayana® Press does not protect against HIV or other Sexually Transmitted Infections (STIs) – discuss sexual health needs and provide condoms if appropriate.	
Health Professional /Clinician name: _____ Health Professional /Clinician signature: _____ Date: _____ Patient name: _____ Patient signature: _____ Date: _____	

Appendix 2: Sharps Bins Disposal Locations

A disposal service for 'sharps bins' is only available at the locations below on the days and times shown.

Please note: To prevent any inconvenience to patients, please advise that they telephone the site before attending to confirm that a service is available.

CLINIC	OPENING HOURS	TELEPHONE NUMBER
The Hoyland Centre High Croft, Hoyland, Barnsley, S74 9AF	Monday to Friday: 9 am to 12 noon	01226 355869
Roundhouse Medical Centre Wakefield Road, Athersley, S71 1RH	Monday: 11.30 am to 5 pm Tuesday: 9 am to 12.30 pm Thursday: 9 am to 12.30 pm	01226 720230
The Cudworth Centre Carlton Street, Cudworth, Barnsley, S72 8SU	Monday to Friday: 8 am to 12.30 pm or 1 pm to 4 pm	01226 438708
New Street Health Centre Upper New Street, Barnsley, S70 1LP	Monday to Friday: 9 am to 4.30 pm	01226 644801
Penistone Health Centre Shrewbury Road, Penistone, Sheffield, S36 6DY	Monday to Wednesday: 9 am to 3 pm Thursday: 9 am to 2.30 pm Friday: 9 am to 12 noon	01226 763205
The Thurnscoe Centre Holly Bush Drive, Thurnscoe, Rotherham, S63 0LT	Monday to Friday: 8 am to 4 pm (Avoid Lunchtimes)	01709 886462
Worsbrough Centre West Street, Worsbrough, Barnsley	Monday to Friday: 8 am to 12.30 pm or 1 pm to 4 pm	01226 648043

(Review date for sharps bin disposal locations: August 2019)