Sayana Press

Checklist for Sayana® Press Injection Practice

Trainers and trainees can use this checklist during injection practice on non-human models. Trainers can also use it when evaluating whether a trainee can give a Sayana® Press injection according to the performance standards. At the end of the training lesson, each trainee must demonstrate to the trainer that they can competently administer a Sayana Press injection.

Steps	Observations		
	1	2	3
1. Places safety box and cotton swabs (optional) within arm's reach.			
2. Washes hands (during the training this step may be stated aloud or mimicked rather than actual handwashing).			
3. Selects the injection site (and cleans if needed).			
4. Opens the Uniject™ pouch by tearing the notch.			
5. Checks the expiration date and makes sure the DMPA is at room temperature.			
6. Holds the Uniject by the port while mixing.			
7. Mixes the DMPA by shaking it vigorously for 30 seconds.			
8. Checks to make sure the DMPA is mixed and there is no damage to the Uniject.			
9. Holds the Uniject with the needle pointing upward during activation.			
10. Holds the Uniject by the port while activating.			
11. Pushes the needle shield and port together to fully to activate the Uniject for use.			
12. Pinches the "skin" of the model to form a tent.			
13. Holds the port of the Uniject while inserting the needle.			
14. Inserts the needle into the tent of "skin" between the thumb and forefinger.			
15. Inserts the needle at a downward angle.			
16. Inserts the needle completely so that the port is in full contact with the injection model.			
17. Moves fingers from the port to the reservoir while still pinching the skin.			
18. Squeezes the reservoir slowly to inject the contraceptive—taking about 5–7 seconds.			
19. Removes the Uniject from the injection model.			
20. Releases the fingers used to pinch the skin and create the tent.			
21. Places the used Uniject immediately into a safety box without replacing the needle shield.			

Key

√ = Satisfactory	U = Unsatisfactory (attempted but not to standard)	NA = Not applicable (e.g., handwashing, cleaning site)