

## LESSON 1

# What is DMPA?

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## LESSON 1

# Learning objectives

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- Explain what injectable contraceptives are.
- Explain what kind of injectable contraceptive DMPA is.
- Describe how DMPA works.
- List the different names of DMPA.
- Explain why women might like or not like DMPA.

# What are injectable contraceptives?

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- Very effective, long-lasting, reversible, private method of contraception.
- Are like a natural hormone made by a woman's body.
- Injected with a syringe in the muscle (IM) or in the fatty tissue (subcutaneous or SC)
- Released slowly into the blood from the injection site.

# Two types of injectable contraceptives

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## **Combined injectables.**

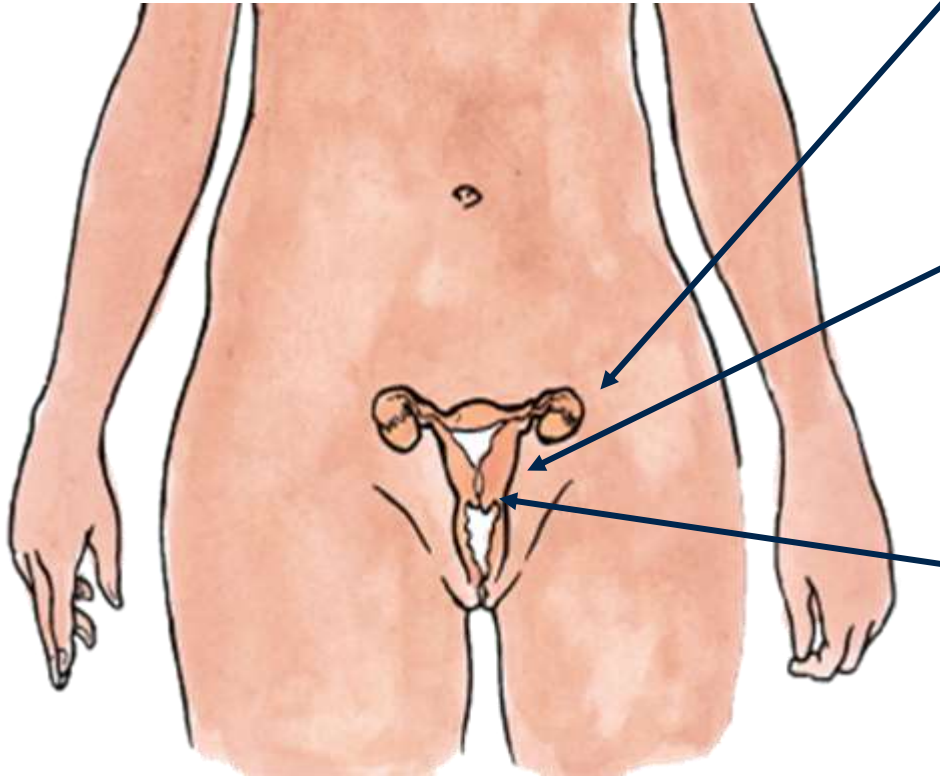
- Made with estrogen and progestin combined.  
They will not be covered in this training.

## **Progestin-only injectables.**

- Made with progestin.
- There are two kinds: norethisterone ethanate (NET-EN) and DMPA.

# How do progestin-only injectables work?

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- They prevent ovulation (the release of eggs from the ovaries).
- They prevent implantation of an egg by keeping the walls of the womb thin.
- They prevent sperm from entering the womb by thickening the mucus at the opening of the womb.

# What is DMPA?

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- DMPA is the most common progestin-only injectable.
- DMPA is reinjected every 3 months (13 weeks).
- DMPA can have different brand names or names that show how it is injected (IM or subcutaneous). Some of these names are:
  - **Depo-Provera<sup>®</sup>**
  - **depo-IM**
  - **Sayana<sup>®</sup> Press**

# Why women might like DMPA

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- Safe
- Effective
- Easy to use
- Long lasting
- Reversible
- Can be discontinued without a provider's help
- Does not interfere with sex
- Can be used privately
- Can be used by breastfeeding women
- Eventually most women stop having monthly bleeding

# Why women might not like DMPA

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- Causes side effects, mainly menstrual changes.
- Action cannot be stopped immediately.
- Might take more time to become pregnant after stopping.
- Provides no protection against STIs/HIV.



## GROUP ACTIVITY

# Practice talking about DMPA

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### Instructions:

- Review the “DMPA Fact Sheet.”
- Find a partner.
- Pretend you are a new client interested in DMPA and ask your partner questions.
- Use the fact sheet to tell if your partner answers correctly or give her/him feedback as needed.
- Switch places with your partner when the facilitator signals.

## What have you learned about DMPA?

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1. What are injectable contraceptives?
2. What type of injectable contraceptive is DMPA or Sayana Press?
3. How does DMPA work?
4. What are some different names for DMPA?
5. What are some reasons that women may like DMPA?
6. What are some reasons that women may dislike DMPA?