

LESSON 3

Depo-IM and Sayana Press: Two formulas of the same contraceptive



LESSON 3

Learning objectives

- Describe the key features of Sayana Press.
- Describe how depo-IM and Sayana Press are similar and how they are different.

What is Sayana Press?

- A new formula of DMPA.
- Lower dose than depo-IM.
- Injected into the fatty tissue right under the skin.
- Only available in Uniject in most countries.

How depo-IM and Sayana Press are similar

Both depo-IM and Sayana Press:

- Are progestin-only injectable contraceptives.
- Are made with the same drug, DMPA.
- Are delivered every 3 months (13 weeks).
- Have a similar reinjection grace period.
- Are equally effective.
- Have the same side effects, except that Sayana Press might cause temporary irritation at the injection site.

How depo-IM and Sayana Press are different

Feature	Depo-IM	Sayana Press
Mg/dose	150 mg	104 mg
Package	Vial and syringe	Prefilled Uniject syringe
Type of injection	Intramuscular (deep into the muscle)	Subcutaneous (in the fatty tissue under the skin)
Where to inject	<ul style="list-style-type: none">• Arm (deltoid muscle)• Hip• Buttocks	<ul style="list-style-type: none">• Anterior thigh (front of thigh)• Abdomen• Back of arm
Skin irritation	Skin irritation at injection site is not likely	Skin may be a little irritated at injection site

LESSON 3 QUIZ

What have you learned about depo-IM and Sayana Press?

1. How often do you give a Sayana Press injection?
2. How are depo-IM and Sayana Press injection sites different?
3. What extra side effect might a woman experience with Sayana Press compared to depo-IM?
4. How else is Sayana Press different from depo-IM?