

## LESSON 5

# Counseling clients about DMPA and Sayana Press

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## LESSON 5

### Learning objectives

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- List possible side effects of DMPA.
- Describe what to do if a client has concerns or is experiencing side effects.
- Identify key counseling messages that should be given at injection visits.

# Counseling is important

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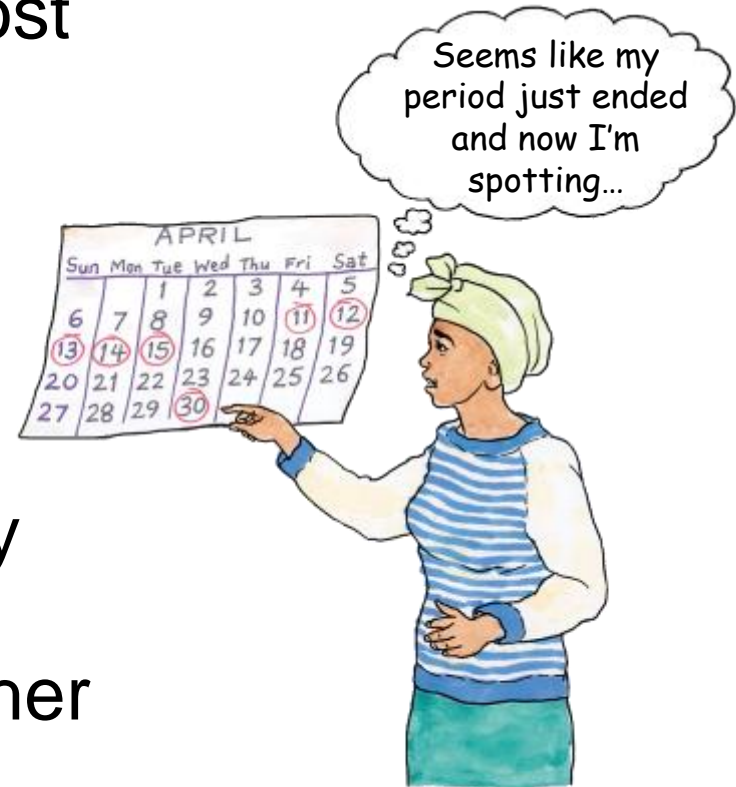
- A client might stop using DMPA if she does not get counseling every time she gets an injection.
- Women who receive counseling about side effects, especially bleeding changes, are more likely to continue using DMPA.
- Listen carefully to the client's concerns and give her information or referrals as needed.



# Counseling helps clients continue use

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- Bleeding changes are the most common reason women stop using injectables.
- Reassure your client that changes are normal.
- If she has any serious problems, concerns, or heavy vaginal bleeding and you are not trained to treat this, give her a referral to the appropriate care. Tell her to tell the provider that she received DMPA.

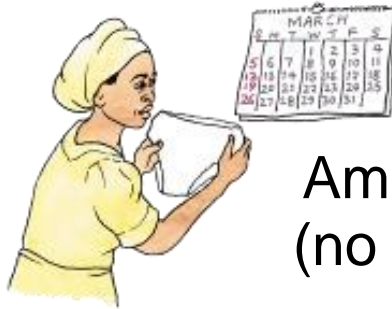


# Side effects of DMPA

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Prolonged or heavy vaginal bleeding,  
irregular bleeding, or spotting



Amenorrhea  
(no bleeding)



Headaches  
and dizziness



Weight  
gain



Changes in mood  
and sex drive



Abdominal  
bloating and  
discomfort

# Key counseling messages for the client (part 1)

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Messages to give women at every injection visit:

- Do not massage the injection site.
- Skin may be irritated where injected for a few days.
- Return for your next injection on time—  
no more than *2 weeks early*  
or *4 weeks late*.



## Key counseling messages for the client (part 2)

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- If you have any problems or concerns or very heavy vaginal bleeding, see me or \_\_\_\_\_.  
(Provide referral information if needed.) Tell the provider that you received Sayana Press.
- If the client is switching between Sayana Press and depo-IM:
  - Sayana Press and depo-IM are equally effective.
  - You might have a slight change in vaginal bleeding.

# HIV and STI prevention

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- Explain to clients that hormonal family planning methods, including DMPA, do not protect a woman from HIV and other STIs.
- To prevent against STIs, clients should use condoms in addition to DMPA-SC. This is especially important for women at high risk for HIV infection.
- Offer condoms to your clients for protection against STIs.



# Potential HIV risk and hormonal methods

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- Some research has found that women who use a progestin-only injectable (POI) like DMPA and are exposed to HIV are slightly more likely than other women to get an HIV infection. However, we do not know whether DMPA causes higher HIV risk.
- In populations where HIV is common, providers should inform women interested in POIs about these research findings and their uncertainty—so they can make an informed choice.

# Potential HIV risk and hormonal methods

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- Women should not be denied the use of injectables because of concerns about possible increased risk.
- Women who already have HIV can safely use a POI like DMPA.

# Potential HIV risk and hormonal methods

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Where many women are at high risk of HIV infection, consider informing all women interested in DMPA of the following facts:

- Some research has found that women who use a progestin-only injectable and are exposed to HIV are slightly more likely than other women to get an HIV infection.
- The meaning of these findings is not clear. We do not know whether or not this method causes this higher HIV risk.
- You can still choose this method, but we want you to know about this information.
- We have other equally effective methods and we can discuss them if you would like.
- It's important that you protect yourself from HIV.

# Potential HIV risk and hormonal methods

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If you work in a setting where many women are at high risk of HIV infection, help clients consider:

- Are you doing something to protect yourself from HIV infection?
  - Discuss how she protects herself from HIV.
- If not, could you start protecting yourself now?
  - Discuss HIV protection choices.
- Do you like the progestin-only injectable much more than any other method?
  - If so, reassure her that she can choose a progestin-only injectable if she prefers it.
- Would you like to discuss and think about other methods, too?
  - Mention and discuss especially other long-lasting, effective and convenient methods, such as implants and IUDs.

## What if my client wants to switch to depo-IM? (instructions for referral)

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It is safe to switch between Sayana Press and depo-IM.  
If your client wants to switch:

- Ask why she wants to switch.
- Correct any misunderstandings and make sure that switching will solve the problem.
- Tell her that side effects will be similar with depo-IM.
- Tell her where she will need to go to get her depo-IM injections.
- If she still wants to switch, give her a referral for depo-IM. Include that she was using Sayana Press, and her reinjection date.

## What if my client wants to switch to depo-IM? (instructions for depo-IM providers)

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It is safe to switch between Sayana Press and depo-IM.  
If your client wants to switch:

- Ask why she wants to switch.
- Correct any misunderstandings and make sure that switching will solve the problem.
- Tell her that side effects will be similar with depo-IM.
- If she still wants to switch, follow the normal procedure for giving a reinjection of depo-IM.
- Make sure that she is within the reinjection window for both products. If not, follow late reinjection procedures.

## Counseling clients

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### Instructions:

- Review the key counseling messages and instructions for switching in your handout to learn the side effects and counseling messages.
- Select a partner.
- Take turns practicing the role of the provider counseling a client interested in Sayana Press.
- Discuss with the group any issues that come up during the role plays.
- More information is in the “Common Questions about Sayana Press” fact sheet.

## What have you learned about counseling clients?

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1. What are some side effects of DMPA?
2. What is the most common reason your client might stop using DMPA, and what can you do to help her with this?
3. What should you do if your client is having one or two side effects but still wants to continue DMPA?
4. What are the key counseling messages that should be given to your clients?
5. Where can you look to find more answers to questions about DMPA and Sayana Press?