

Sayana Press

Sayana Press is an alternative contraception injection to Depo-Provera. The benefits of Sayana Press are, it is a sub-cutaneous injection opposed to an intra-muscular injection and was designed with self-administration in mind. It allows you to take control of your contraception without the need to visit the Health Centre.

The injection is administered every 13 weeks +/- 7 days, normally in the front of the upper thigh or stomach.

Ideally, your first injection would have been done under the supervision of a medical professional. However, due to the current situation with Covid19 this may have not been possible.

The injection comes pre-filled so there is no need to separately purchase any needles or syringes. But you will require a sharps box with a purple lid – these are available from Amazon and other medical online suppliers. You will also need to contact your local council to arrange collection of the sharps box when full.

The Health Centre will provide you with a prescription for Sayana Press, which can be sent to your nominated pharmacy. There is also a consent form on the webpage where you found this document (https://www.unimed.co.uk/patient_injectables.htm) which needs completing and submitting back to the Health Centre, before administering your injection. We recommend that the self-administering of Sayana Press is done between the hours of 9-5, Monday – Friday. This will ensure that there is someone at the Health Centre to answer any queries or concerns you may have relating to your injection.

The makers of Sayana Press have provided valuable resources on how to self-administer the injection and have created an app that you can download, which will help you remember when your injections are due.

<https://www.sayanaanswers.co.uk/guide-to-self-injection>

<https://www.sayanaanswers.co.uk/staying-on-track>

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