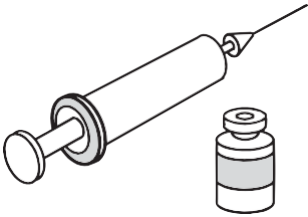


Progestin-only Injectables: Giving the Injection

Giving Intramuscular Injection with a Conventional Syringe

1. Obtain one dose of injectable, needle, and syringe



y DMPA: 150 mg for injections into the muscle (intramuscular injection). NET-EN: 200 mg for injections into the muscle.

y For each injection use a prefilled single-use syringe and needle from a new, sealed package (within expiration date and not damaged), if available.

y If a single-dose prefilled syringe is not available, use single-dose vials. Check expiration date. If using an open multidose vial, check that the vial is not leaking.

– DMPA: A 2 ml syringe and a 21–23 gauge intramuscular needle.

– NET-EN: A 2 or 5 ml syringe and a 19-gauge intramuscular needle. A narrower needle (21–23 gauge) also can be used.

2. Wash

y Wash hands with soap and water, if possible. Let your hands dry in the air.

y If injection site is dirty, wash it with soap and water.

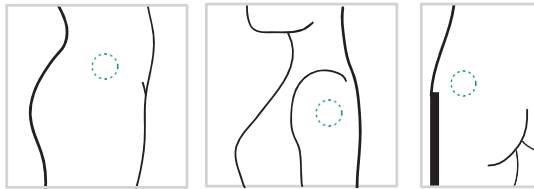
y No need to wipe site with antiseptic.

If using a prefilled syringe, skip to step 5.

- 3. Prepare vial**
- y DMPA: Gently shake the vial.
 - y NET-EN: Shaking the vial is not necessary.
 - y No need to wipe top of vial with antiseptic.
 - y If vial is cold, warm to skin temperature before giving the injection.

-
- 4. Fill syringe**
- y Pierce top of vial with sterile needle and fill syringe with proper dose.

-
- 5. Inject formula**
- y Insert sterile needle deep into the hip (ventro-gluteal muscle), the upper arm (deltoid muscle), or the buttocks (gluteal muscle, upper outer portion), whichever the woman prefers. Inject the contents of the syringe.
 - y Do not massage injection site.



-
- 6. Dispose of disposable syringes and needles safely**
- y Do not recap, bend, or break needles before disposal.
 - y Place in a puncture-proof sharps container.



- y Do not reuse disposable syringes and needles. They are meant to be destroyed after a single use. Because of their shape, they are very difficult to disinfect. Therefore, reuse might transmit diseases such as HIV and hepatitis.
- y If reusable syringe and needle are used, they must be sterilized again after each use (see Infection Prevention in the Clinic, p. 376).

Giving the Injection with Subcutaneous DMPA in Uniject (Sayana Press)

1. Gather the supplies

Supplies include:

- y Uniject prefilled injection device at room temperature that has not passed its expiration date
 - y Soap and clean water
 - y Cotton swabs or cotton balls, if available
 - y Safe puncture-proof container for sharps disposal
-

2. Wash

Wash hands with soap and water, if possible.

- y Let your hands dry in the air.
 - y If injection site is dirty, wash it with soap and water.
 - y No need to wipe site with antiseptic.
-

3. Ask where the client wants the injection

You can give the injection just under the skin:

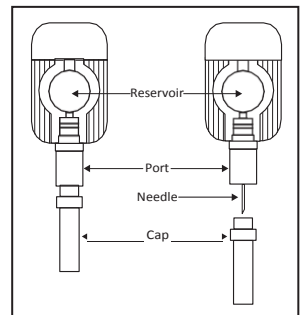
- y in the back of the upper arm
 - y in the abdomen (but not at the navel)
 - y on the front of the thigh.
-

4. Open the pouch

y Open the foil pouch and remove the device.

5. Mix the solution

- y Hold the device by the port (see picture 1).
- y Shake it hard for 30 seconds.
- y Check that the solution is mixed (granules distributed throughout the solution) and there is no damage or leaking.

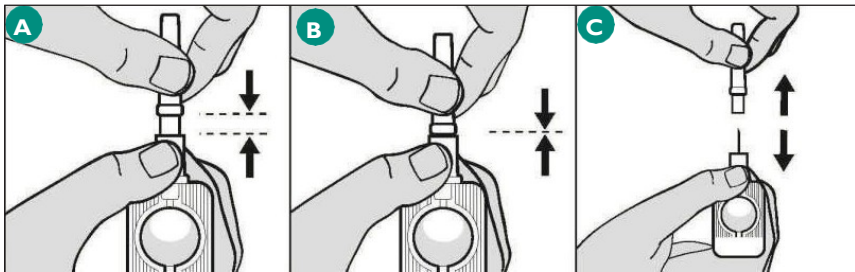


1. Parts of Uniject device

(Continued on next page)

6. Close the gap

- y Hold the device by the port.
- y Take care not to squeeze the reservoir during this step.
- y Hold the device with the needle pointed upward to avoid spilling the drug.
- y Push the cap into the port (see part A of picture 2, below).
- y Continue to push firmly until the gap between the cap and port is closed (see part B of picture 2, below).
- y Take off the cap (see part C of picture 2, below).



2. Close the gap and take off the cap

7. Give the injection



3. Pinch the skin and inject

- y Gently pinch the skin at the injection site (see picture 3). This helps to make sure that the drug is injected into fatty tissue just under the skin and not into muscle.
- y Hold the port. Gently push the needle straight into the skin with the needle pointing down (never upward) until the port touches the skin.
- y Squeeze the reservoir slowly. Take 5 to 7 seconds.
- y Pull out the needle and then release the skin.
- y Do not clean or massage the site after injecting.

8. Discard the used device

- y Do not replace the cap.
 - y Place the device in a safety box.
-

Supporting the User

Give specific instructions

- y Tell her not to massage the injection site.
 - y Tell the client the name of the injection.
 - y Agree on a date for her next injection and give her a paper with the date written on it.
-

Self-injection Can Be an Option

Women can learn to inject themselves with the new subcutaneous formulation of DMPA. Some women like self-injection better than injections by health workers. Self-injection may save women time and money.

Research finds that 3 months after one-on-one training most women can competently give themselves their next injection. Women who inject themselves seem to be as likely to keep using injectable contraceptives as women who get their injections in clinics.

WHO recommends making self-injection an option where appropriate information and training are made available, referral links to a health care provider are strong, and women who self-inject are monitored and followed up. In addition, safe storage of injection devices at home and their safe disposal are important.

Teaching Clients to Self-Inject

Some clients will want to give themselves the injections. You can teach them how to do this. The following steps apply to self-injection with DMPA-SC in the Uniject injection system (Sayana Press).

1. Discuss plan for storage and disposal

Storage. Discuss where the client can store the devices for many months that is out of the reach of children and animals and in moderate temperatures (not in direct sunlight or in a refrigerator).

Disposal. Discuss how the client can dispose of the device in a container that has a lid and cannot be punctured and can be kept away from children. (Local programs should decide how to help women dispose of used needles.)

Note: The instructions on the next 2 pages can be copied and given to a client.

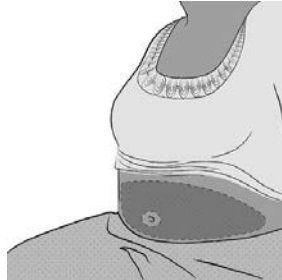
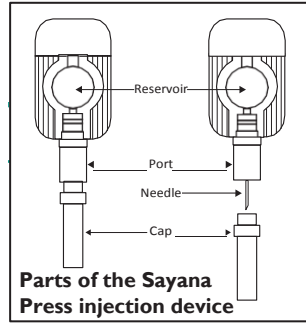
Steps in teaching clients to self-inject continue on p. 86.

How to give yourself an injection with Sayana Press

Important steps	How to do it
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1. Choose a correct injection site

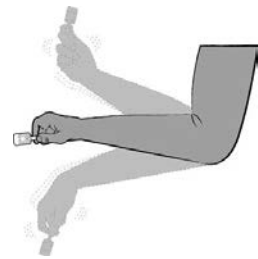
- Choose either:
- y the belly (but not the navel) OR
 - y the front of the thigh.



1. Where to give yourself the injection

2. Mix the solution

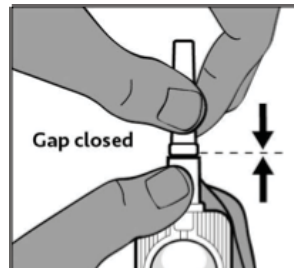
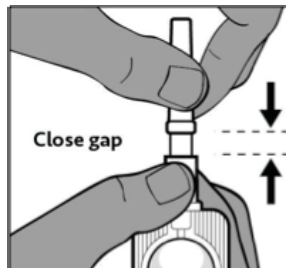
- y After washing hands, open the pouch and take out the injection device.
- y Hold the device by the port (not the cap) and shake it hard for about 30 seconds. Make sure the solution is completely mixed.



2. Mix the solution

3. Push the cap and the port together to close the gap

- y Point the needle upward.
- y Hold the cap with one hand and the port with the other hand.
- y Press the cap down firmly until the gap is closed.



3. Close the gap

Important steps

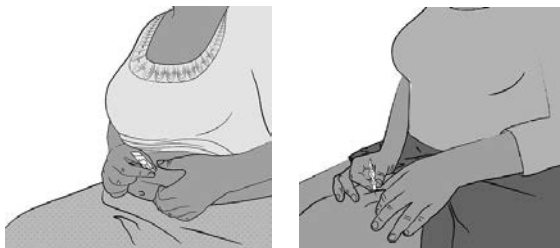
How to do it

4. Pinch your skin into a “tent”

- y Take the cap off the needle. Hold the device by the port.
- y With the other hand pinch about 4 cm (1½ inches) of skin.

5. Put the needle into the skin, and squeeze the reservoir slowly

- y Press the needle straight into the skin with the needle pointing downward.
- y Press the needle in until the port touches the skin completely.
- y Squeeze the reservoir slowly, for 5 to 7 seconds.



4 & 5. Pinch the skin and press in the needle

6. Dispose of the needle safely

- y Pull the needle out and then let go of the skin.
- y Put the device in a container that can be closed and cannot be punctured.

7. Plan for your next injection

- y Mark a calendar or other reminder for the same day of the month 3 months from today.
- y You can give yourself the next injection as early as 2 weeks before that date or as late as 4 weeks after.
- y If more than 4 weeks late, use another contraceptive method and see a health worker.
- y Make sure you have another device for the next injection and that it will not expire before then.

If you need help or more injection devices, contact:

at _____

Teaching Clients To Self-Inject (continued from p. 83)

- 2. Explain and show how to self-inject.** Show the device and describe its parts. (See picture in instructions, p. 84.) Give the client a copy of the instructions and pictures on the previous 2 pages, a similar instruction sheet, or a booklet of more detailed instructions. Explain the important steps.

Use an injection model to explain and show the client how to do each step while helping the client follow along on the instruction sheet. (If an injection model is not available, you can use a condom filled with salt or sugar. Or you can use fruit or bread.)

- 3. Ask the client to try it.** After you have used the injection model to show self-injection, ask the client to practice injecting the model. Watch her and then discuss what went well and what did not. Answer her questions.

Invite the client to keep trying to inject the model until she can do all the steps correctly and feels ready to inject herself.

- 4. Ask the woman to inject herself while you are watching.**

Then give her injection devices to take home so that she can inject herself in the future. Make sure that she understands when her future injection dates are, and how to calculate those dates by noting the same day of the month every 3 months.

If she is unable to inject herself, give her the injection. When she returns for her next injection, ask if she wants to try self-injection again. If so, repeat the training.

- 5. Tell the client where to get more injection devices.** Invite her to contact you if she has any questions or problems with self-injection or getting more injection devices.

