**SAYANA PRESS summary document for patients**

Sayana press contains the same hormone as Depo - “medroxyprogesterone acetate” and is given every 12-13 weeks. The injection is given into your tummy or thighs. It is designed to be self administered easily at home by patients so you no longer need to come to the surgery every 12 weeks.

Please go to the following website: <https://www.sayanaanswers.co.uk>

It is essential you look at the website, read the information on Sayana Press **AND watch the video** on self injection: <http://www.injectsayanapress.org/> as there are steps required to safely give the injection at home. You must be familiar with these and carry out these steps each time you administer an injection.

There is a summary booklet available at <https://www.crossleystreetsurgery.co.uk/images/pdf/Sayana-Press.pdf> which shows all the steps and addresses frequently asked questions. Please save or print this booklet and keep it to refer to every 3monthly when you repeat your injection and record when you give it.

After each injection remember to text 83311 SELF and the date of your injection DD.MM (e.g. SELF 14.01) to set up a text reminder from the Sayana Press manufacturer a week before your 13 week repeat injection date. Remember a new text needs sent after each injection to get a new reminder. You may be used to getting a 11 or 12 week date from your general practice when you attended for the Depo injection. This was to allow lots of time to organise a nurse appointment. The company will text you at 12 weeks and you can give the injection ideally that day or at some point over the next 7 days.

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To be completed at first injection appointment:

At time of first injection:

I confirm that I have been counselled on Sayana Press and had time to read the information. I have been using an effective method of contraception and am not pregnant. I am happy to have and begin self-administration. I agree to:

* Inject only if I am sure I am not pregnant.
* Follow the steps for safe effective administration as per Sayana Press manufacturer
* I have been advised to watch the video before each injection at <http://www.injectsayanapress.org/>
* Keep the injections safe and at room temperature and dispose of sharps safely
* I understand it is my responsibility to give each injection at 12-13 weeks and I will contact IMG if any concerns

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**12 week date for next injection: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Remember to text 83311 SELF and the injection date DD.MM (e.g. SELF 14.01) to set up a text reminder

**For effective contraceptive cover, SAYANA PRESS MUST be given every 12 to 13weeks and no later than 14weeks past your last injection. If you are late in taking your injection contact the practice as you must talk to a doctor or nurse about what you should do next.**