An overview of subcutaneous DMPA: A new type of injectable contraception that expands access and options

A new type of injectable contraception is transforming the way women and adolescent girls access and use family planning. **Subcutaneous DMPA, or DMPA-SC,** is an innovative product that makes injections simpler. Because DMPA-SC is easy to use, any trained person can administer it, including community health workers, pharmacists, and even women themselves.

As governments work to ensure a wide variety of contraceptives is available in their country, they should consider how offering DMPA-SC can address unmet need and increase access through a range of delivery channels.

Benefiting users, providers, and health systems

- **99 percent effective** at preventing unintended pregnancy when given correctly and on time every three months.
- **Discreet contraception** for women and adolescent girls.
- **Prefilled** and ready to inject.
- **Small and light.**
- **Simple to inject** due to short needle.
- **Stable at room temperature** (15°C to 30°C).
- **Three-year shelf life.**
- **Simplified logistics**—no need to match vial with syringe and needle, easier to manage the all-in-one product and less bulky than DMPA-IM.
- **Easy to deliver** through clinics, community-based distribution, pharmacies, and drug shops.

Subcutaneous DMPA is a general term used to describe an injectable contraceptive that is administered under the skin. Traditional DMPA is injected into the muscle, which generally requires more training and skill.

**Sayana® Press,** manufactured by Pfizer Inc., is the brand name of the subcutaneous DMPA product available today in most countries. This “all-in-one” product combines the contraceptive drug and needle into a single device. Other versions of subcutaneous DMPA products may become available in the future.

The information in this overview is specific to Sayana Press.

*Sayana Press is a registered trademark of Pfizer Inc.*

*DMPA stands for depot medroxyprogesterone acetate.*
Empowering women and driving outcomes

- Product is registered for self-injection in more than 50 countries, including the United Kingdom, several European countries, and more than 20 Family Planning (FP) 2020 countries.*

- The World Health Organization (WHO) has made a strong recommendation for self-injection, stating that it should be made available as an additional approach to deliver injectable contraception and for self-care.

- Evidence from Uganda and Senegal indicates self-injection in sub-Saharan Africa is feasible and acceptable.

- Recent results from four different countries show that women who self-inject DMPA-SC continue using injectable contraception longer than those who receive injections from providers—meaning fewer unintended pregnancies.

- Data from Senegal and Uganda demonstrate that, compared to provider-administered DMPA-IM, self-injection of DMPA-SC is not just cost-effective but cost saving when accounting for costs to both women and health systems.

Select countries where DMPA-SC piloting, introduction, or scale-up is in process (as of September 2019)

Bangladesh  
Benin  
Bolivia  
Burkina Faso  
Cote d’Ivoire  
DRC  
Ethiopia  
Ghana  
Guinea  
Haiti  
Jordan  
Kenya  
Liberia  
Madagascar  
Malawi  
Mali  
Mauritania  
Morocco  
Mozambique  
Myanmar  
Niger  
Nigeria  
Pakistan  
Peru  
Senegal  
Sierra Leone  
Tanzania  
Togo  
Uganda  
Zambia

“Sayana Press is an easy method. I like it because it is all-in-one and always ready for use. It makes the work easier and I lose less time. In the end, I have more time to spend with clients.”

—Midwife, Senegal

Taking off around the world

- Being piloted, introduced, or scaled up in more than 30 FP2020 countries.

- Approved by regulatory agencies in nearly 60 countries worldwide, including in the European Union.

- Offered at US$0.85 per dose for qualified purchasers†—for example, ministries of health and donors—in FP2020 countries.

†This pricing reflects a six-year agreement. During the six years (2017–2022), the price is guaranteed at US$0.85. After the agreement, Pfizer Inc. is committed to ensuring the product continues to be available.
### How is DMPA-SC different from DMPA-IM?

**DMPA-SC** (Sayana® Press)

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
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<tbody>
<tr>
<td>Comes in a prefilled, “all-in-one” injection system.</td>
<td></td>
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<tr>
<td>Is injected under the skin.</td>
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<tr>
<td>Has lower dose of DMPA (104 mg).</td>
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<tr>
<td>Has 2.5-centimeter needle.</td>
<td></td>
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<tr>
<td>Can be administered by clinic providers, community health workers, pharmacists, or by women themselves where allowed.</td>
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<tr>
<td>Is currently available to qualified purchasers for US$0.85 per dose.</td>
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### What do DMPA-SC and DMPA-IM have in common?

- Safe and highly effective at preventing unintended pregnancy.
- Delivered every three months.
- Do not protect from HIV and other sexually transmitted infections. (For more information, please see the tool, “DMPA and HIV: What advocates need to know.”)
- Comparable in regard to side effects.
- Based on its lower dose, DMPA-SC is expected to have a side-effect profile that is similar to or better than that of DMPA-IM. Some women may experience side effects with either DMPA product, such as menstrual bleeding irregularities, headaches, weight gain, and injection-site reactions, including mild pain or inflammation.

### DMPA-IM (Depo-Provera® and generic options)

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
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<tbody>
<tr>
<td>Comes in a <strong>vial with a separate syringe.</strong></td>
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<tr>
<td>Is injected into the muscle.</td>
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<tr>
<td>Has higher dose of DMPA (150 mg).</td>
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<tr>
<td>Has 3.8-centimeter needle.</td>
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<tr>
<td>Typically administered by providers, but can be administered by community health workers and pharmacists where allowed.</td>
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<tr>
<td>Is currently available for about US$0.70–0.80 per dose.</td>
<td></td>
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*Depo-Provera is a registered trademark of Pfizer Inc.*