



Resources: A list of references about subcutaneous DMPA

Subcutaneous DMPA (DMPA-SC) is an innovative product that makes contraceptive injections simpler by combining the drug and needle in a single device. Please note that the vast majority of resources linked are available in English only.

DMPA-SC is a highly effective and safe contraceptive option.

[DMPA-SC: an emerging option to increase women's contraceptive choices](#) Contraception 2018

[The coming-of-age of subcutaneous injectable contraception](#) Global Health: Science and Practice 2018

[App for WHO's Medical eligibility criteria for contraceptive use](#) WHO 2019

[DMPA-SC clinical brief](#) PATH 2017

[Medical eligibility criteria for contraceptive use](#) World Health Organization (WHO) 2015

[Pharmacokinetics of subcutaneous depot medroxyprogesterone acetate injected in the upper arm](#) Contraception 2014

[Progestin-only contraception: Injectables and implants](#) Best Practice & Research Clinical Obstetrics & Gynaecology 2014

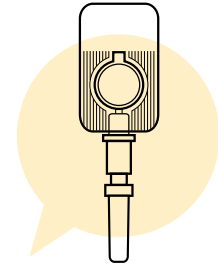
[Sayana® Press: Can it be a “game changer” for reducing unmet need for family planning?](#) Contraception 2014

Family planning providers and clients like DMPA-SC.

[Expanding access to injectable contraception: Results from pilot introduction of subcutaneous depot medroxyprogesterone acetate \(DMPA-SC\) in 4 African countries](#) Global Health: Science and Practice 2018

[Monitoring Sayana Press pilot introduction](#) PATH 2017

[Observational study of the acceptability of Sayana® Press among intramuscular DMPA users in Uganda and Senegal](#) Contraception 2014



Quick facts about DMPA-SC

- **99 percent effective at preventing unintended pregnancy** when given correctly and on time every three months. Does not protect from HIV and other sexually transmitted infections.
- **Lower dose of contraceptive hormone than intramuscular DMPA.**
- **Small and light, with a short needle.**
- **Easy to use**, including by community health workers and women themselves (self-injection).
- **Stable at room temperature** (15°C–30°C).
- **Three-year shelf life.**
- Available in more than **30 FP2020 countries.***
- Can be purchased at **US\$0.85 per dose** by qualified buyers (including ministries of health in FP2020 countries).

*FP2020 aims to expand access to family planning information, services, and supplies to an additional 120 million women and girls in 69 of the world's poorest countries.

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Preference for Sayana® Press versus intramuscular Depo-Provera among HIV-positive women in Rakai, Uganda: A randomized crossover trial Contraception 2014

Provider acceptability of Sayana® Press: Results from community health workers and clinic-based providers in Uganda and Senegal Contraception 2014

Acceptability of Depo-subQ in Uniject, now called “Sayana Press” FHI 360 2013

DMPA-SC can be administered successfully by community health workers.

Costs of administering injectable contraceptives through health workers and self-injection: evidence from Burkina Faso, Uganda, and Senegal Contraception 2018

Acceptability of the distribution of DMPA-SC by community health workers among acceptors in the rural province of Lualaba in the Democratic Republic of the Congo: a pilot study Contraception 2018

Task-shifting the provision of DMPA-SC in the DR Congo: Perspectives from two different groups of providers Contraception 2018

Continuation of subcutaneous or intramuscular injectable contraception when administered by facility-based and community health workers: findings from a prospective cohort study in Burkina Faso and Uganda Contraception 2018

Expanding access to injectable contraception: Results from pilot introduction of subcutaneous depot medroxyprogesterone acetate (DMPA-SC) in 4 African countries Global Health: Science and Practice 2018

Monitoring Sayana Press pilot introduction PATH 2017

Pilot research as advocacy: The case of Sayana Press in Kinshasa, Democratic Republic of the Congo Global Health: Science and Practice 2016

Community health workers: Bringing family planning services to where people live and work High Impact Practices (HIP) 2015

Operational assessments of Sayana® Press provision in Senegal and Uganda Contraception 2014



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[Feasibility of administering Sayana® Press in clinics and communities: Summary findings from an operational assessment in Senegal](#) PATH 2013

[Operational assessment: Administration and management of Sayana® Press in clinics and communities in Uganda](#) PATH 2013

[Global experience of community health workers for delivery of health related Millennium Development Goals: A systematic review, country case studies, and recommendations for integration into national health systems](#) Global Health Workforce Alliance 2010

[Community-based health workers can safely and effectively administer injectable contraceptives](#) WHO 2009

DMPA-SC can expand the options available to women who have never used contraception before.

[Monitoring Sayana Press pilot introduction](#) PATH 2017

[Introducing the next generation injectable in Nigeria](#)
DKT Nigeria 2016

Women can self-inject DMPA-SC with training and support and consider self-injection acceptable.

[Women's satisfaction, use, storage and disposal of subcutaneous depot medroxyprogesterone acetate \(DMPA-SC\) during a randomized trial](#) Contraception 2018

[Client and provider experiences with self-administration of subcutaneous depot medroxyprogesterone acetate \(DMPA-SC\) in Malawi](#) Contraception 2018

[Evaluating the feasibility and acceptability of self-injection of subcutaneous depot medroxyprogesterone acetate \(DMPA\) in Senegal: a prospective cohort study](#) Contraception 2017

[A prospective cohort study of the feasibility and acceptability of depot medroxyprogesterone acetate administered subcutaneously through self-injection in Uganda](#) Contraception 2016

[Stakeholder views on self-injection of DMPA-SC in Senegal and Uganda](#) PATH 2016

[Health worker roles in providing safe abortion care and post-abortion contraception](#) WHO 2015 (Page 62)

[Pfizer's Sayana® Press becomes first injectable contraceptive in the United Kingdom available for administration by self-injection](#) Pfizer 2015

[Home-based administration of Sayana® Press: Review and assessment of needs in low-resource settings](#) Contraception 2014

[Perceptions of home and self-injection of Sayana® Press in Ethiopia: A qualitative study](#) Contraception 2014

[Randomized clinical trial of self versus clinical administration of subcutaneous depot medroxyprogesterone acetate](#) Contraception 2014

[Pilot study of home self-administration of subcutaneous depo-medroxyprogesterone acetate for contraception](#) Contraception 2012

[Self-administration of subcutaneous depot medroxyprogesterone acetate for contraception: Feasibility and acceptability](#) Contraception 2012

[Home-based administration of depo-subQ provera 104™ in the Uniject™ injection system: A literature review](#) PATH 2011

[Self-administration of subcutaneous depot medroxyprogesterone acetate by adolescent women](#) Contraception 2010

[The acceptability of self-administration of subcutaneous Depo-Provera](#) Contraception 2005

[Self-administration with UniJect® of the once-a-month injectable contraceptive Cyclofem®](#) Contraception 1997

Women who self-inject DMPA-SC continue using injectable contraception longer than women who receive injections from providers.

[Self-administration of injectable contraception: a systematic review and meta-analysis](#) BMJ Global Health 2019

[Continuation of self-injected versus provider-administered contraception in Senegal: a nonrandomized, prospective cohort study](#) Contraception 2019

[Continuation of injectable contraception when self-injected v. administered by a facility-based health worker: A non-randomized, prospective cohort study in Uganda](#) Contraception 2018

[Effect of self-administration versus provider-administered injection of subcutaneous depot medroxyprogesterone acetate on continuation rates in Malawi: a randomised controlled trial](#) The Lancet Global Health 2018

DMPA self-administration can improve contraceptive access, continuation, and autonomy The Lancet Global Health 2018

Increased 1-year continuation of DMPA among women randomized to self-administration: results from a randomized controlled trial at Planned Parenthood Contraception 2018

DMPA-SC may be an appropriate option for administration through pharmacies and drug shops, as well as social marketing initiatives.

Expanding Access to Injectable Contraceptives through Pharmacies Toolkit SHOPS Plus 2019

A Next-generation Approach Introducing DMPA-SC Self-injection through Private Providers in Zambia JSI Research & Training Institute, Inc. 2019

Introducing the subcutaneous depot medroxyprogesterone acetate injectable contraceptive via social marketing: lessons learned from Nigeria's private sector Contraception 2018

Feasibility of patent and proprietary medicine vendor provision of injectable contraceptives: preliminary results from implementation science research in Oyo and Nasarawa, Nigeria Contraception 2018

Experience with DMPA-SC: Social marketing in Bangladesh Social Marketing Company 2017

Introducing the next generation injectable in Nigeria DKT Nigeria 2016

Key role of drug shops and pharmacies for family planning in urban Nigeria and Kenya Global Health: Science and Practice 2016

Drug shops and pharmacies: Sources for family planning commodities and information HIP 2013

WHO recommendations: Optimizing health worker roles to improve access to key maternal and newborn health interventions through task shifting WHO 2012

Additional resources

Data and resources on DMPA-SC service delivery through family planning programs

[Self-care interventions for health](#) WHO 2019

[Injectable Contraceptive Assessment in Uganda and Nigeria](#) Reproductive Health Supplies Coalition 2019

[Is contraceptive self-injection cost-effective compared to contraceptive injections from facility-based health workers? Evidence from Uganda](#) Contraception 2018

[The Potential Market of Self-Injectable Contraceptive Users Model](#) Track20 2019

[Family planning - A global handbook for providers](#) WHO 2018

[DMPA-SC Impact Model](#) Health Policy Plus 2018

[DMPA-SC introduction and scale-up in Nigeria: Future benefits for contraceptive use and savings](#) Health Policy Plus 2018

[Rapid uptake of the subcutaneous injectable in Burkina Faso: Evidence from PMA2020 cross-sectional surveys](#) Global Health: Science and Practice 2018

[Predictors of DMPA-SC continuation among urban Nigerian women: the influence of counseling quality and side effects](#) Contraception 2018

[How to introduce and scale up Sayana Press \(DMPA-SC in Uniject\)](#) PATH 2017

[Advancing community-based access to Sayana Press: Expanding the reach of the formal health system](#) Advancing Partners & Communities 2016

[Training doesn't end there: Lessons learned from supportive supervision of providers offering a new injectable contraceptive in Burkina Faso](#) UNFPA Burkina Faso 2016 (See Presentation 1)

Resources on DMPA and HIV

[WHO revises recommendations on hormonal contraceptive use for women at high HIV risk](#) WHO 2019

[WHO updates recommendations for contraceptive eligibility for women at high risk of HIV](#) WHO 2019

[Contraceptive eligibility for women at high risk of HIV](#) WHO 2019

[Evidence for Contraceptive Options and HIV Outcomes \(ECHO\) Study website](#)

[ECHO Consortium Q&A](#) ECHO Consortium 2019

[Results 4 Informed Choice website](#) Johns Hopkins Center for Communication Programs

[Toolkit for the Implementation Guide for the Medical Eligibility Criteria and Selected Practice Recommendations for Contraceptive Use Guidelines](#) WHO 2018