



The case for subcutaneous DMPA

Women want and need access to a variety of contraceptives to prevent pregnancy over the course of their lives. Subcutaneous DMPA^{*} (DMPA-SC) is a novel injectable contraceptive that is highly effective, safe, and easy to use, and most women and providers prefer it over intramuscular DMPA (DMPA-IM).^{1,2} The DMPA-SC product available today is also known by the brand name Sayana[®] Press,^{**} and the product is approved for use in more than 50 countries.

Mounting evidence and experience show that integrating DMPA-SC across multiple channels in a country's family planning (FP) program can help expand contraceptive access and drive outcomes.

DMPA-SC can be a valuable addition to a broad contraceptive method mix because it:

Simplifies use

- **DMPA-SC has a shorter needle** that is injected into the fat under the skin, rather than into a muscle. It is easier to inject and more comfortable for women.
- **DMPA-SC has a lower dose** of the contraceptive hormone but has the same effectiveness and safety as DMPA-IM.
- **The contraceptive drug and needle is combined into a single device.** There is no need to match a vial with syringe and needle.

^{*}DMPA stands for depot medroxyprogesterone acetate. The terms subcutaneous DMPA and DMPA-SC encompass both branded and future generic products.

^{**}Sayana Press is a registered trademark of Pfizer Inc.



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.^{*3}
- 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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Expands access

- **DMPA-SC is a suitable addition to any public- or private-sector delivery channel.** Beyond traditional clinics, this includes community-based distribution and pharmacies and drug shops—places where women often get their contraception.
- **With training, women can self-inject DMPA-SC.**^{4,5} Self-injection enables women to manage their own health and saves women time and money in travel costs. Recent guidelines from the World Health Organization recommend self-injection of DMPA-SC as a key option to expand contraceptive access and self-care approaches.⁶
- **DMPA-SC has a competitive price that can enable scale-up.** It can be purchased at US\$0.85 per dose by qualified buyers, a price similar to DMPA-IM.⁷

Drives results

- By expanding contraceptive options and access, **DMPA-SC helps countries deliver on their national and global FP commitments**, such as FP2020.
- **DMPA-SC can reach new FP users, including young women and adolescent girls.** During a two-year pilot introduction in Burkina Faso, Niger, Senegal, and Uganda, between 24 to 42 percent of cumulative doses were administered to new users of modern contraception, and 44 percent of cumulative doses administered across Niger, Senegal, and Uganda went to women younger than age 25.⁷
- Research from Malawi, Senegal, Uganda, and the United States shows that **women who self-inject DMPA-SC use injectable contraception longer** than women who get their injections from providers—meaning fewer unintended pregnancies.^{8,9,10,11}
- When looking at costs to women and health systems in Uganda and Senegal, **self-injected DMPA-SC can save more money and avert more pregnancies** than DMPA-IM administered by facility-based providers.^{12,13}



To realize the full potential and benefits of DMPA-SC, a critical mass of countries must integrate the product through all levels of the health system.

Technical support and tools are available now to support FP2020 countries in scaling up DMPA-SC.

For more information, contact FPoptions@path.org.

*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 at an affordable price.

References

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