



## CEU STATEMENT ON SELF-ADMINISTRATION OF SAYANA PRESS® September 2015

The licence for Sayana Press® (subcutaneous depot medroxyprogesterone acetate) has recently been extended to patient self-administration. More detailed information on Sayana Press® can be found on the FSRH website <http://www.fsrh.org/pdfs/CEUProductReviewSayana.pdf>.

The CEU supports the self administration of Sayana Press® because of its potential benefits to women and services. It offers women greater choice and more autonomy over their contraception and fertility. Rather than attending a clinic every 3 months for an injection, a woman can choose to self-administer Sayana Press® at home. Women commonly miss clinic appointments for depot medroxyprogesterone acetate (Depo Provera®) which can put them at risk of unintended pregnancy. Having a supply of Sayana Press® at home for self-administration may reduce this risk. This may also free clinic appointments at both specialist contraceptive services and in primary care enabling other patients to be seen.

Survey data from the UK suggest that a significant proportion of current users of Depo Provera® (intramuscular depot medroxyprogesterone acetate) would value the opportunity to self-administer rather than attend a clinic for administration of their injection. In a survey published in 2005 of 176 women attending contraceptive services in Edinburgh, 67% of Depo Provera® users stated that they would prefer to self-administer if this was a possibility. In addition a significant proportion (26%) of never users and of ex-users (40%) stated that they would consider starting the method if they were able to self-administer.<sup>1</sup>

Several studies from the UK and US have shown that self-administration of subcutaneous depot medroxyprogesterone acetate using a pre-loaded syringe and separate needle (not the simpler Uniject™ delivery system that is currently used by Sayana Press®) is feasible and highly acceptable to women who wish to self-administer, and have been deemed competent to do so after basic training.<sup>2-5</sup> A UK pilot study of 64 established Depo Provera® users were taught how to self-administer the subcutaneous preparation. They then gave the next three injections at home with most self-injections (80%) given on the scheduled date. None were

given after 14 weeks.<sup>3</sup> In this study women were sent a text reminder a week before their injection was due which may have contributed to compliance. In both UK and US studies most participants (over 85%) felt that the injections were easy to self-administer.<sup>3,4</sup> The version of subcutaneous depot medroxyprogesterone acetate that is marketed in the UK comes in a Uniject™ delivery system (preloaded plastic reservoir and short needle attached) and so it is possible that women may find this even easier to use than the syringe and needle used in the clinical studies.

Clinicians should consider the practicalities of offering Sayana Press® to women for self administration, and in particular the suitability for use amongst teenage women. Women will need training in the technique and must be supervised by an appropriately trained health care professional (HCP) administering the first dose. In addition the study sites gave up to three injections to take home with review at one year. They had easy access to a HCP if any problems arose. This is advisable now that Sayana Press® has its licence extension. Written information should be given to patients detailing administration instructions, potential side effects and symptoms that should prompt medical review. There should be systems in place for the provision and disposal of sharps..

The manufacturers of Sayana Press® (Pfizer, UK) have produced resources to support HCPs and women who choose Sayana Press® and who have been trained and deemed competent in the technique of self-administration. HCP guides, patient guides and text reminder cards can be ordered free of charge (although there are limits on quantities that can be ordered) through [www.medisa.com](http://www.medisa.com). There is also a patient specific website which can be accessed at [www.sayanaanswers.co.uk](http://www.sayanaanswers.co.uk). Pfizer offer a text service to remind women when their next injection is due. Instructions for how to set this up along with text reminder cards can be found on the patient website. A healthcare professional specific website is due to be launched mid October. Pfizer are also holding a webinar on 19th October 2015 <http://www.events4healthcare.com/pfizer/webinars.html>

## Reference

1. Lakha F, Henderson C, Glasier A. The acceptability of self-administration of subcutaneous Depo-Provera. *Contraception* 2005; **72**: 14-8.
2. Beasley A, White KO, Cremers S, et al. Randomized clinical trial of self versus clinical administration of subcutaneous depot medroxyprogesterone acetate. *Contraception* 2014; **89**: 352-356.
3. Cameron ST, Glasier A, Johnstone A. Pilot study of home self-administration of subcutaneous depo-medroxyprogesterone acetate for contraception. *Contraception* 2012; **85**: 458-464.
4. Prabhakaran S, Sweet A. Self-administration of subcutaneous depot medroxyprogesterone acetate for contraception: feasibility and acceptability. *Contraception* 2012; **85**: 453-457
5. Williams RL, Hensel DJ, Fortenberry JD. Self-administration of subcutaneous depot medroxyprogesterone acetate by adolescent women. *Contraception* 2013; **88**: 401-407.