

Stepwise instructions for injecting Sayana Press

1 Wash your hands with soap or sanitiser

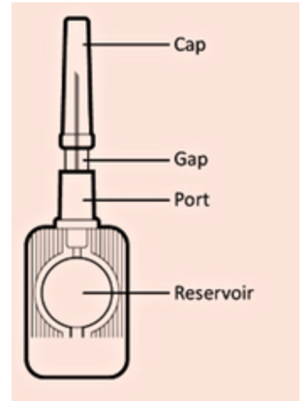


2 Open the packet

Check the expiry date and open the foil pouch and the device inside. Remember the device has to be used immediately after opening the foil pouch

3 Check device and mix solution

Check for any defect or leak in the device. The device has three parts from top to bottom - needle cap, port and a reservoir that contains the suspension. Shake vigorously, holding the port, for 30 seconds until well mixed



4 Choose an injection site

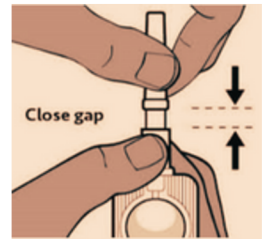
Ideally beneath the skin at the front of the thighs or the abdomen. You should change the injection site each time you inject.

You may develop dimpling at the injection site, please inform your local sexual health clinic before your next injection



5 Activate the device

Hold the device upward during activation to prevent dripping. Push the cap firmly onto the port to close the gap. If the gap is not fully closed you will now be able to press the reservoir during injection.



6 Remove the cap

Remove the needle cap and do not put the needle cap back on at any point

7 Inject the needle

Gently pinch a part of skin to create a tent for inserting the needle. Insert the needle straight into the skin perpendicularly, at a downward angle. The port should touch the skin completely to ensure the needle is inserted at the correct depth.



8 Press the reservoir

Press the reservoir slowly for 5-7 seconds. It is normal for there to be a little liquid left in the reservoir.

9 Remove the needle and dispose the device safely

Remove the needle from the injection site and let go of the skin tent. Do not rub the injection site. Discard the device immediately in the puncture proof lidded container provided



10 Plan for your next injection in 3 months

SAYANA PRESS should be injected every 13 weeks and will stop working if given over 14 weeks. Use a calendar to count 13 weeks and mark your next injection date. If it is over 14 weeks, contact your nearest sexual health clinic for advice and use condoms to avoid pregnancy.

