

More information including a useful video showing how to inject Sayana Press is available at <https://www.sayanaanswers.co.uk>

# Instructions for using Sayana Press (updated 17.04.20)

## **Step 1: Getting Ready**

Ensure medicine is at room temperature

Make sure the Sayana Press is in an unopened and undamaged pouch

Have the container for the used injector ready

Wash your hands

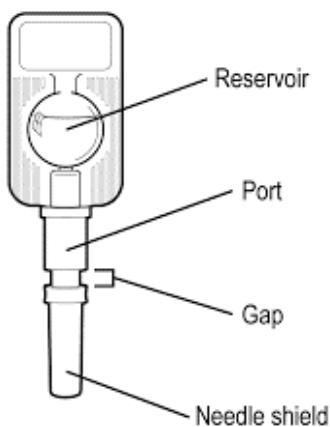
## **Step 2: Choosing the injection site**

Choose a suitable site for the injection, either the abdomen or the front upper thigh (avoid bony areas and naval, avoid

areas with scars or skin conditions,  
change site with each injection)

Clean the skin with clean cotton pad or  
tissue

### **Step 3: Preparing the injector**



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The injector

When you are ready to self-inject,  
carefully remove the injector (do not  
remove the needle shield at this stage)

Check the injector- discard and use a new one if:

- There is no gap
- The injector is damaged
- The needle shield has come off/is missing

#### **Step 4: Mixing the medicine**

Hold by the port

Shake well for at least 30 seconds

Discard and use new injector if:

- The liquid does not appear white and uniform
- There is any leakage
- Repeat mixing if injection is delayed

## **Step 5: Activate the injector**

Hold by the port, don't squeeze the reservoir

Hold needle shield with other hand

Push the needle shield toward port until it stops and you hear a 'click' sound, the injector is now activated

Pull off needle shield and discard it

## **Step 6: Self-injecting the dose**

Gently pinch a large area of skin

Insert needle so that the port just touches the skin

Squeeze the reservoir slowly to inject medicine (about 5-7 seconds)

After entire dose has been injected, pull needle out and let go of your skin

Do not replace needle shield

Press area lightly with cotton pad, do not rub

### **Step 7: Dispose of the injector**

Discard of used injector in a suitable sharps container

Do not reuse

### **Step 8: Set up a reminder to receive a text 1 week before your next injection**

You can set up a text reminder for yourself by texting SELF to 83311 with the date you gave your injection for eg SELF 24.04 (ie for and injection given on 24th April 2020) and this will arrange a reminder for one week before your injection is due (12 weeks)

Alternatively you can use the calendar app to set up a reminder on your phone. Click on the section that says 'staying on track'

As a backup write down your injection date and take note of the next scheduled injection 13 weeks later