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Sayana Press Frequently Asked Questions

A compilation of FAQ's can be found below which should answer most queries in relation to self-administering Sayana Press injections. If you have a query that has not been answered please contact the surgery so we can provide assistance.

Why is the surgery offering self-administration of contraception injections?

The surgery recognises that attending for injections may be problematic for some women, this may be due to work or family commitments, transport or mobility issues. Additionally some women may wish for greater involvement in their care.

Can someone else do the injection for me?

Yes, a family member/ carer / friend can administer the injection for you if you are happy for them to do so and they feel confident to do this.

Will training be provided?

Training will be provided via an appointment before any patient can begin self-administering. This will be with one of the nursing team. You will be shown how to prepare the injection, where the injection should be administered and how to do this safely.

Then what happens?

Following the training if you are happy to self-inject going forward you will become responsible for ordering and administering your contraceptive injection.

Where do I give the injection?

Sayana press can be given into the abdomen or upper thigh.



What are the side effects?

Just as if you were attending the surgery for a depo injection the side effects remain similar. Most common side effects include; weight increase, changes to bleeding pattern, headaches, breast tenderness and mood changes. More information about possible side effects can be found in the patient information leaflet that accompanies the injection.

When is my next injection due?

Sayana Press should be given every 13 weeks.

How will I know when to give my next injection?

After your training you will be provided with the date to give your next injection, note this in your phone/calendar along with when to order your injection. You will be responsible for monitoring when your next injection will be due going forward. It may be helpful to work out the dates of your next injection in advance so you can set reminders, making it less likely that you will forget your injection.

What should I do if I forget to give my injection?

If it has been more than 14 weeks since your last injection, you may be at greater risk of pregnancy. Contact the surgery for advice on when to give your injection or if any alternative contraception may be required.

Will I have to pay for my prescription?

Unless you are exempt from paying prescription charges then a prescription charge will apply for the sharps container. If you have a pre-payment certificate this can be used. The Sayana Press injection is free on prescription as it is a contraceptive.

How many injections will I get in my prescription?

A prescription will be sent for 1 injection, this is to monitor usage and reduce the risk of lost medication.

Why do I need a sharps container?

A sharps container is essential to store used sharps (needle and syringes) to ensure they do not cause injury to yourself or others.

What happens if I lose the medication?

It is important you keep the medication safe, if a further prescription is required this be supplied at the GP's discretion.

How do I order my next injection?

You should order your next injection through patient access or the NHS app up to 1 week in advance to allow time for the pharmacy to process the prescription.

What do I do with my sharps container?

Your sharps container will need to be stored somewhere safe at home, out of reach of animals and children. The sharps container should not need to be replaced often, only when the fill line is reached. When full the sharps container should be locked and returned to the surgery so it can be disposed of safely.

What if I change my mind about self-administration?

You are able to return to the surgery at any time for us to resume administration of your contraceptive injection, you should bring any remaining medication and your closed sharps container back to the surgery if you have any.

What if I want to get pregnant?

Your usual level of fertility returns after the effects of the last injection have worn off. This will vary for each individual, in most cases the effect will have worn off within one year of the last injection.