

Sayana Press for self administration

Patient Information Leaflet

You have chosen to give yourself your contraceptive injection

Information from the manufacturer is at www.sayanaanswers.co.uk

Read the instructions carefully or watch the video on-line before giving yourself an injection.

Give yourself an injection every **13 weeks**

You can use the manufacturer's text reminder service to help you remember. After each injection, text SELF and the date you had your last injection using the format DD.MM to 83311

If you forget to give yourself the injection telephone the sexual health clinic for advice, contact number below.

If the injection site is sore, red and/or has pus coming out you must see a doctor or nurse.

If you have a sharps box then you must keep it safe:

- Keep your sharps box out of the sight and reach of children and pets.
- Keep the lid closed (but not locked) when not being used,
- Don't fill above the fill line
- If you have filled the box to the fill line, then you should take it back to clinic or any pharmacy for disposal.

Clinic phone number 01294 323226

##NHS Ayrshire & Arran CCard App in Apple and Android App stores.##