**Injectable Contraceptive (MPA)**

*a new method of contraception for women*

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**Information for Providers**

**Pre-injection preparation**

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Ensure proper counseling</td>
</tr>
<tr>
<td>2</td>
<td>Check vial for expiry date</td>
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<tr>
<td>3</td>
<td>Shake well to dissolve micro-crystals</td>
</tr>
<tr>
<td>4</td>
<td>If vial is cold, rub between palms to achieve room temperature</td>
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<tr>
<td>5</td>
<td>Wash hands with soap and water</td>
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<tr>
<td>6</td>
<td>Ensure no air is pushed in syringe while withdrawing solution</td>
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**Administering the Injectable Contraceptive (MPA):**

1. Clean site of injection with antiseptic
2. Allow antiseptic to dry
3. Insert sterile needle deep into chosen site of injection
4. Aspirate first to ensure needle is not in a vein
5. Inject the contents of the syringe fully

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**Post-injection care:**

- Do not massage injection site
- Do not give hot fomentation on injection site
- Ask client to remain in the facility for 5-10 minutes after receiving injection

**Follow-up care by provider:**

- Periodic home visits by ASHA
- Telephonic follow-up care by counselor/provider
- Provide MPA card with due date of injection to the client and maintain counterfoil at facility

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**MPA card:**

- There are two sections in MPA card:
  - **Facility section:** To record client details and update next date of injection
  - **Client section:** Reference for next date of injection and other instructions for client

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**Do not refrigerate Injectable Contraceptive**

*Always store in room temperature (15-30 degree centigrade)*

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Developed with support from National Technical Support Unit (NTSU), FP Division, MoHFW
**What is Injectable Contraceptive (MPA)? Who can opt for it?**

Injectable (MPA) is an intramuscular hormonal contraceptive method for women that provides 3 months’ protection with a single dose. It is a safe and suitable method for nearly all women, including those who are unmarried and have no children.

**How does Injectable Contraceptive (MPA) work?**

- It prevents monthly ovulation
- Thickens cervical mucus thus blocking sperms
- Thins endometrium making implantation of egg difficult

**When can one opt for Injectable Contraceptive (MPA)?**

Injectable contraceptive can be opted at any time after proper screening.

- The first dose can be taken:
  - Anytime after regular menstruation; Or
  - After 6 weeks of delivery; Or
  - Immediately after abortion

**What if a client misses her dose as per due date?**

Injectable contraceptive can be given:

- Upto 2 weeks prior to assigned date; Or
- Upto 4 weeks post the assigned date

If the due date exceeds by 4 weeks, a dose can be given immediately (after ruling out pregnancy), along with a backup method (condom) to be used for the next 7 days.

**What is Injectable Contraceptive (MPA)?**

Injectable contraceptive should not be given to a woman with:

- Unexplained vaginal bleeding
- Stroke or severe diabetes
- Breast cancer (past / present)
- Active hepatitis or liver tumor
- Desire for rapid return to fertility

**Misconceptions about Injectable Contraceptives (MPA):**

- **Wrong** It leads to infertility in women
- **Wrong** It cannot be used by adolescent women
- **Wrong** It may cause abortion or birth defects
- **Wrong** It leads to changes in blood pressure & blood coagulation
- **Wrong** It may cause cancer (breast / cervix / endometrium / liver)
- **Wrong** It leads to fracture

**Key considerations to be shared with client prior to administering Injectable Contraceptive (MPA):**

- Slight changes in weight or mood swings
- Delay in return to fertility (17-10 months from last injection)
- Need for timely and regular dose every 3 months

**Counseling is a key component for acceptance and continuation of Injectable Contraceptives (MPA):**

- Client needs to be counseled on
- Next date of injection
- Possible changes in menstruation cycle (prolonged/excessive bleeding / amenorrhea)
- Slight changes in weight or mood swings
- Need for timely and regular dose every 3 months

**Why Injectable Contraceptive is the right choice for you:**

- It is a good option for women who want to delay childbirth for the first and subsequent births
- It can easily be administered in the arm, thighs or buttocks
- It is an effective and safe option for breastfeeding women (after 6 weeks of delivery)
- It reduces menstrual cramps and improves anemia by reducing blood loss
- It is a safe method for most women, including those with HIV/AIDS
- It is a reversible method of contraception with no effect on fertility

**Each injection gives protection for 90 days (i.e. 3 months). Ensures clients’ privacy and confidentiality**

<table>
<thead>
<tr>
<th>Menstrual irregularities: Light / heavy bleeding or amenorrhea</th>
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<tbody>
<tr>
<td>Slight weight gain</td>
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<tr>
<td>No protection against HIV/STDs</td>
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<tr>
<td>Slight loss in BMD during first 2 years of use</td>
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