

Pre-injection preparation

- 1 Ensure proper counseling
- 2 Check vial for expiry date
- 3 Shake well to dissolve micro-crystals
- 4 If vial is cold, rub between palms to achieve room temperature
- 5 Wash hands with soap and water
- 6 Ensure no air is pushed in syringe while withdrawing solution

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

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

Do not refrigerate Injectable Contraceptive
Always store in room temperature (15-30 degree centigrade)

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



Injectable Contraceptive (MPA) a new method of contraception for women

Antara Programme

Information for Providers



Family Planning Division
Ministry of Health and Family Welfare
Government of India

01

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.

02

How does Injectable Contraceptive (MPA) work?

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

04

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

Injectable contraceptive can be given:

- Upto 2 weeks prior to assigned date of dose; 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.

03

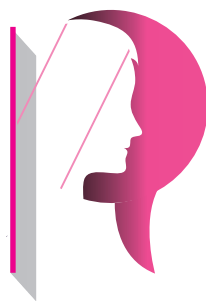
When can one opt for Injectable Contraceptive (MPA)?

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

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



Menstrual irregularities: Light / heavy bleeding or amenorrhoea

Slight weight gain

No protection against HIV/STDs

Slight loss in BMD during first 2 years of use

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

It can easily be administered in the arm, thighs or buttocks

It is a good option for women who want to delay childbearing for the first and subsequent births

It is a reversible method of contraception with no effect on fertility

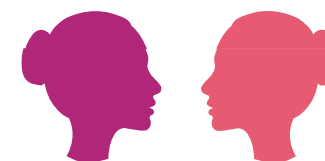
It is an effective and safe option for breast-feeding women (after 6 weeks of delivery)

It reduces menstrual cramps and improves anemia by reducing blood loss

It is a safe method for most women, including those with HIV/AIDS

Why Injectable Contraceptive is the right choice for you

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 / amenorrhoea)

Slight changes in weight or mood swings

Need for timely and regular dose every 3 months

Delay in return to fertility (7-10 months from last injection)

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