

COUNSELING SCRIPT FOR CONTRACEPTIVE INJECTABLES



for family planning providers

- There are currently two types of injectable contraceptives in Malawi: One which is injected by a family planning provider called Depo-IM and one that can be injected by the women themselves, also known as Sayana.
- The two injections are similar in how they work, but the self-injecting method was made so that women could inject it themselves.
- Self-injection may save you time and money for transport by not having to travel to a health care worker as often for family planning. Self-injection ensures you can do it at your own convenience.
- The self-injecting method is easy to use which makes it safe to self-inject. It also has a small needle which may be less painful. As an example, many diabetic patients have been self-injecting medicine for diabetes for a long time without problems.
- Many women like you are already safely using the self-injecting method for family planning.
- I can teach you how to inject yourself correctly and safely. After you are trained to self-inject, I can provide you enough supply of injections to last for up to one year.
- If you choose self-injection, you can return to me or any provider at any time if you have problems or questions.
- If you experience problems self-injecting, such as forgetting the injections steps, I can train you again. If you continue to experience problems, I can inject you, but you will have to return every 3 months for your reinjection.
- You can always decide to start self-injecting whenever you feel comfortable and ready to do so.

DEPO-IM



Photo credit: PATH/Patrick McKern

SELF-INJECTING METHOD



This script was created through a collaborative study conducted by FHI 360 in partnership with the Malawi Ministry of Health and the DMPA-SC task force.