

Job Aid for Depo-Provera* Reinjection

Step 1. Ask the client if she still wants to prevent pregnancy. Then ask if she wants to get another injection.

Step 2. Check your records to see when you last gave her an injection.

Step 3. If today is her scheduled return date, go to Step 4. If she is early or late for her injection, look at a calendar to find out if she is within the reinjection window.

- Instructions to find out whether a client is within the reinjection window are in Box 1 on page 2 of this job aid.

Step 4. Explain that women with certain serious medical problems should not get the injection. Ask her whether a doctor or nurse has told her she has a medical problem.

- If she has a medical problem, go to Box 3 on page 2.
- If she has not been told she has a medical problem, go to Step 5.

Step 5. Give her the injection.

- Follow the steps for safe injection you learned in training.

Step 6. Talk to her about side effects.

- Remind her that most changes to bleeding are normal and not harmful. Talk to her about what to do if she has questions or does not feel well.
- Refer her to the health center for care of side effects that are a problem for her.

Step 7. Look at the calendar to plan the date for her next injection. This will be 13 weeks from today. Remind her of the importance of coming back on time, and discuss how she will remember.

- Remind her that she can talk with you, a doctor, or a nurse if she has any questions or problems.
- Tell her that if she is ever more than 4 weeks late for an injection, she should use condoms or not have sex until she gets another injection.

Step 8. Remind her that the injection will not protect her from HIV or other STIs.

- Tell her to use a condom in addition to the injection if she is at risk.

During the **reinjection window** you can safely give your client the injection without checking if she is pregnant. Your client is in the reinjection window if she returns up to:

14 days (2 weeks) early
or
28 days (4 weeks) late

(See Box 1 on page 2.)



I wonder if my client has returned after the reinjection window...



What if she is **not** within the reinjection window?

You will need to ask her questions to make sure she is not pregnant before you can give her the injection.

(See instructions in Box 2 on page 2.)

* Depo-Provera® is a registered brand name for depot medroxyprogesterone acetate (DMPA).

BOX 1

How can I tell if a client is within the reinjection window?

A client is within the reinjection window – and can get another injection – if she is up to 14 days (2 weeks) early or up to 28 days (4 weeks) past her scheduled return date. If she is up to 4 weeks late, you do not need to check if she is pregnant before giving her another injection.

- If she is within the reinjection window, go to Step 4 on side 1.
- If she is past the reinjection window, follow the steps in Box 2 below.

BOX 2

What if a woman wants another injection but she is more than 4 weeks late?

If a client is more than 4 weeks late for her scheduled reinjection, she can still get another injection today if you can make sure that she is not pregnant, by following the steps below.

FIRST, look at a calendar and find her scheduled reinjection date. Count forward 4 weeks to find the last day of her reinjection window. Show her this date on the calendar and tell her to keep it in mind when you ask the 4 questions below.

NEXT, make sure she is not pregnant by asking these 4 questions:

- Have you had no sex since the last day of your reinjection window?
- Have you been using condoms or another method every time you had sex since the end of your reinjection window?
- Did you have a baby less than 6 months ago, are you fully or nearly fully breastfeeding, and have you had no period since then?
- Have you used emergency contraceptive pills after every sex act since the end of your reinjection window?

If the client answers **YES** to **ONE OR MORE** of these questions, she is probably not pregnant, and you can give her an injection. When you give her the injection, tell her to have no sex or use condoms for 7 days. After 7 days, the injection will keep her from getting pregnant. Go to Step 4 on side 1 of this job aid.

If the client answers **NO** to **ALL FOUR** questions, tell her to see a doctor or nurse or use a pregnancy test to make sure she is not pregnant before she gets another injection.

BOX 3

How can I tell if a client has a medical problem that makes it unsafe for her to get the injection?

Ask her whether a doctor or nurse has told her she has one of these medical problems:

- migraine headaches (that began or got worse since getting the injection)



- heart attack or stroke



- serious liver condition

- high blood pressure



- breast cancer

- lupus

- If your client does not know if she has these problems (or has not heard a doctor or nurse use these words), most likely she does not have these problems. You can give her the injection. Go to Step 5 on side 1 of this job aid.
- If she has one of these problems, do not give the injection. Instead, give her condoms and refer her to the health center to choose another family planning method.

Source: World Health Organization/Department of Reproductive Health and Research (WHO), Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs/INFO Project (CCP). *Family Planning: A Global Handbook for Providers*. Baltimore, MD and Geneva: CCP and WHO, 2008 update.

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