

# Job Aid for DMPA Reinjection

**Step 1.** Ask the client if she wants another injection.

**Step 2.** Check your records to see when she received her last injection or ask her if she knows her scheduled reinjection date.

- If today is her reinjection date ➔ Go to Step 3.
- If today is not her reinjection date, decide if she is within the approved window, using information in Box 1 on side 2 of this job aid; if she is within the approved window ➔ Go to Step 3.
- If she is past the reinjection window ➔ Follow steps in Box 2 on side 2 of this job aid.

**Step 3.** Ask her if she was diagnosed with any of these health problems since her last injection:

- migraine headaches that start with bright lights in the eyes and loss of clear vision (if developed or got worse on DMPA)
- breast cancer
- lupus
- high blood pressure
- heart attack or stroke
- serious liver condition
- If she was diagnosed with any of these conditions ➔ Do not give the reinjection; refer her to a higher-level provider to choose another method. Give her condoms to use in the meantime.
- If she has none of these conditions ➔ Go to Step 4.

**Step 4.** Give her the reinjection.

**Step 5.** Reassure her about side effects, particularly bleeding changes.

- Remind her that heavy or irregular bleeding and eventually having no periods are common and will not harm her health (see box on right).
- If she is concerned about side effects ➔ Refer her to a higher-level provider for management of side effects.

**Step 6.** Counsel the client to use condoms, in addition to DMPA, to prevent STIs and HIV.

**Step 7.** Plan for the next injection—13 weeks from now.

- Encourage her to get the reinjection on time and talk with a higher-level provider anytime she has questions or concerns.

**Step 8.** Tell her that if she is ever more than 4 weeks late for an injection, she should use condoms or abstain from sex until she can get her reinjection.

## Common side effects of DMPA include:

- irregular, heavy, or prolonged bleeding at unexpected times
- no periods (no monthly bleeding)
- abdominal bloating and discomfort
- ordinary headaches (not migraine)
- weight gain
- mood changes
- changes in sex drive
- dizziness

## BOX 1

### Is your client in the reinjection window?

If a client is up to 2 weeks before or up to 4 weeks past her scheduled reinjection date, she is within the approved reinjection window. The reinjection window is highlighted in the example. During the four weeks after a client's scheduled reinjection date, pregnancy does not need to be ruled out before giving a reinjection.

## BOX 2

### If a client is more than 4 weeks past her scheduled reinjection date ➔ Follow these instructions:

Rule out pregnancy by asking the client the following questions. When asking the questions, replace day X with the date that is the last day of the client's reinjection window (determined by counting 4 weeks from the client's scheduled reinjection date). Show the client a calendar when talking about the dates.

- Have you abstained from sex since day X?
- Have you been using a reliable contraceptive method (e.g., condoms) consistently and correctly since day X?
- 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 act of unprotected sex since day X?

If the client answers **YES** to at least one of the questions above ➔ Return to Step 3 on side 1 of this job aid. If she is eligible and wants to continue using DMPA, give the reinjection and instruct her to abstain or use condoms for 7 days.

If the client answers **NO** to all of the questions above, pregnancy is not ruled out ➔ Refer her to a higher-level provider for a test or physical examination to determine if she is pregnant.

## Other Useful Hints

### How do you decide a client's next reinjection date?

To calculate a client's next reinjection date, use a calendar to count 13 weeks from the date of the current injection.

### How do you rule out pregnancy when a woman is late for her DMPA reinjection (outside the reinjection window)?

Providers cannot rely on absence or presence of monthly bleeding to rule out pregnancy in women who are late getting a DMPA reinjection. DMPA users do not have regular monthly bleeding and often have no bleeding at all. The set of questions in Box 2 can be used to determine if DMPA users who are late for reinjection might be pregnant.

## Example How to Schedule a Reinjection Visit

Month A						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	← DMPA injection date (example)					
	9	10	11	12	13	14
	<b>1</b>					
15	16	17	18	19	20	21
	<b>2</b>					
22	23	24	25	26	27	28
	<b>3</b>					
29	30					
	<b>4</b>					

Month B						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
	<b>5</b>					
13	14	15	16	17	18	19
	<b>6</b>					
20	21	22	23	24	25	26
	<b>7</b>					
27	28	29	30	31		
	<b>8</b>					

Month C						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	<b>9</b>					
10	11	12	13	14	15	16
	<b>10</b>					
17	18	19	20	21	22	23
	<b>11</b>					
24	25	26	27	28	29	30
	<b>12</b>					

Month D						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<b>13</b>					
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
	<b>X</b>					

■ = reinjection window (weeks 11–17 for DMPA)

✕ = last day of reinjection window

■ = after reinjection window, rule out pregnancy

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.