CDC: Self-administered subcutaneous DMPA should be made available

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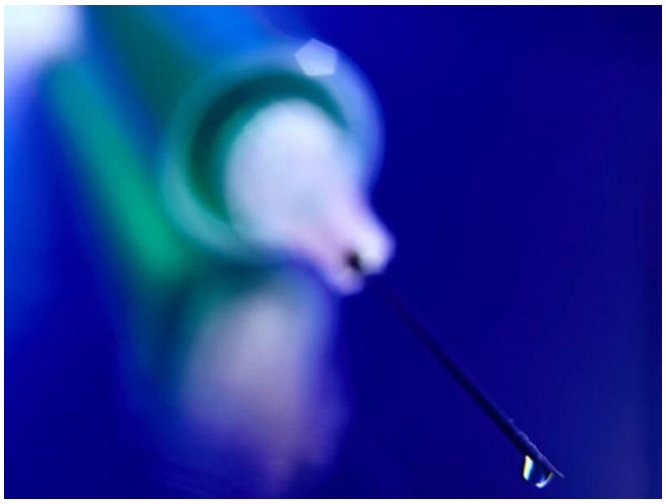

(HealthDay)—Self-administered subcutaneous depot medroxyprogesterone acetate (DMPA-SC) should be made available as an additional approach for contraception, according to research published in the May 21 issue of the U.S. Centers for Disease Control and Prevention *Morbidity and Mortality Weekly Report*.

Kathryn M. Curtis, Ph.D., from the CDC in Atlanta, and colleagues evaluated the 2019 World Health Organization (WHO) recommendation on self-administered DMPA-SC during January to February 2021.

Based on moderate-certainty evidence that self-administered DMPA-SC is safe and effective and has higher continuation rates than provider-administered DMPA, the CDC adopted the WHO recommendation. According to the new recommendation, DMPA-SC should be made available as an additional approach to delivering injectable contraception, but provider-administered DMPA should still be available. DMPA-SC should be offered in the context of shared decision-making, with a focus on patient preference.

"Availability of self-administered DMPA-SC expands options for pregnancy prevention and enhances reproductive autonomy when offered in a noncoercive manner through a shared decision making process between patients and their health care providers, with a focus on patient preferences and equitable access to the full range of contraceptive methods," the authors write.

More information: Abstract/Full Text