

Sample Script for Staff to Assess DMPA SC Self-Administration Interest ¹



Health center staff may find the following script useful when providing outreach to patients, if applicable. Staff familiar with providing counseling and education about contraception can utilize this sample script to initiate calls or conversations with patients who are candidates for DMPA SC.

1. Introduce Yourself and Explain Why You're Calling

“Hi, my name is *your name*. I am a *your title* at *your health center/system*. I am calling because we are looking at ways to make it easier for you to get your birth control.”

Can Add: Due to COVID-19 public health emergency or other related reason (if applicable).

2. “I am Reaching Out to Current Depo Users.”

A. “Are you still using the birth control shot (i.e., Depo) as your birth control method?”

Yes No

B. “Are you satisfied with the method?”

Yes No

Answers “No” to Either:

Ask the patient why and provide appropriate counseling.

Answers “Yes” to Both:

Proceed to Step 3.

3. “Great, I’m glad you’re satisfied with your method.”

“I wanted to let you know that it’s possible to give yourself the birth control shot in the comfort of your home. Many patients prefer to get their birth control shot this way.

This birth control shot, also called Depo SC, works the same as your current birth control shot but is a smaller injection with a smaller needle which can make it less painful. It contains less hormone but is still just as effective at keeping you from getting pregnant.”

4. “Would you be interested in giving yourself Depo SC injections if we taught you how? ”

If the patient answers “No” and they want to continue with DMPA IM, arrange for the patient to receive their next injection at the health center.

If the patient answers “Yes,” refer the patient to a clinician for a visit (either virtual or in-person, if applicable) to discuss the use of Depo SC, get a prescription, and get training on user-administration. Then, proceed to Step 5.

5. Provide Resources

“That’s great. I am happy to hear you are interested in using this type of birth control shot. While you wait for your appointment, let me share some resources with you that you can review on your own (e.g., [bedsider.com](https://www.bedsider.com)).

[Determine the list of resources and websites to which interested patients will be referred].

¹ Micah Katz et al. An implementation project to expand access to self-administered depot medroxyprogesterone (DMPA). *Contraception* 102 (2020):392–5.