

2026 Calendar for self-inject birth control

January						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Your days of self-injection

First Injection _____

Second Injection _____

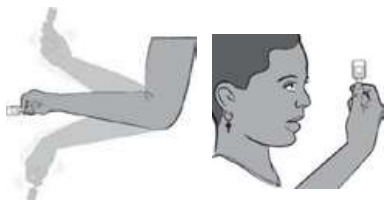
Third Injection _____

Fourth Injection _____

DMPA-SC Self-Injection Instructions

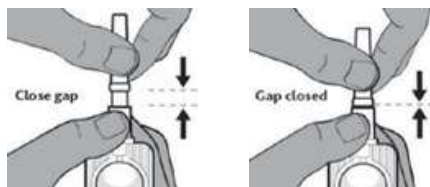
Remember M.A.P.S: Mix, Activate, Pinch and Squeeze

Step 1: Mix solution



1. Hold device by the port and shake until mixed (for 30 seconds).
2. Check there is no damage or leaking
3. If you do not inject right away, shake and mix again

Step 2: Activate device by closing the gap



1. Hold device by the port.
- 2 Point needle upward to prevent dripping
- 3 Push cap firmly into port.
- 4 If gap is not fully closed, you will not be able to press for injection.

Step 3: Pinch



1. Pinch the skin to create a tent
2. Hold the device by the port and insert into the skin

Step 4: Squeeze



1. Squeeze the reservoir slowly for 5 to 7 seconds
2. It is OK if there is some liquid left in the reservoir.
3. Release the pinch, then remove the needle

FAQs

Q: What if some product leaks out of the needle or not all of the product goes into my body?

A: Check the needle was fully inserted and apply gentle pressure to help absorb any product that leaked. It is ok if a small amount of product does not go into your body – you will still be protected. If you are concerned, consult a provider or CHW.

Q: What if I can't get the needle to activate (step2)?

A: If the needle fails to activate again after several attempts, consult your provider or healthcare worker for guidance. You may need a new DMPA-SC unit.

Q: What if I experience side effects that I don't like?

A: Common side effects may include changes in menstrual bleeding, headaches, or mood changes. They vary by person and are manageable. Consult with your healthcare worker if you experience side effects so they can help you manage them.

If you need more help, contact your healthcare worker or call:

Viamo 321, listen for the Self-injection menu and follow directions to hear the steps.

In case you lose this card, remember 321 for support at your next reinjection.

Local call centre helpline details XXX

If you would like to watch a video, follow this link: XXX