

# Job Aid for NET-EN 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 NET-EN)
- 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 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 NET-EN, to prevent STIs and HIV.

**Step 7.** Plan for the next injection—8 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 2 weeks late for an injection, she should use condoms or abstain from sex until she can get her reinjection.

## Common side effects of NET-EN include:

- irregular 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 2 weeks past her scheduled reinjection date, she is within the approved reinjection window. The reinjection window is highlighted in the example. During the two 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 2 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 2 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 NET-EN, 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 8 weeks from the date of the current injection.

### How do you rule out pregnancy when a woman is late for her NET-EN 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 NET-EN reinjection. NET-EN 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 NET-EN 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
	← NET-EN 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>	← ReInjection date (example)				

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

= reinjection window (weeks 6–10 for NET-EN)

**X** = 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.