

## Contraceptive implant (Nexplanon®)

### Information for patients

The contraceptive implant Nexplanon is a small rod that is fitted just under the skin on the under side of your upper arm. It lasts for three years and contains the hormone progesterone which that stops ovulation and so prevents pregnancy.

It is usually tolerated very well, is very straightforward to fit and also remove.

It is very effective, with fewer than 1 in 1000 pregnancies at 3 years of use.

Changes to bleedings patterns are common. Other side effects are rare and issues that commonly worry women such as acne, mood or libido changes, weight gain and headaches which are occasionally reported, have not been proven to be caused by the device.

Please have a look at the following link that gives full information on the implant:

<https://www.sexwise.org.uk/contraception/long-acting-reversible-contraception-larc>

You will be able to ask any further questions at your appointment.

### **Before the fitting we must be certain you cannot be pregnant.**

In order to be certain that you are not pregnant or at risk of pregnancy when we fit an implant, we can either fit it...

- In the 5 days after the start of your period, OR
- At any time if you have not had sex since your period started, OR
- You have not had sex for at least 3 weeks if you rarely have periods and cannot predict them, OR
- At any time if you have been reliably using another form of hormonal contraception (the pill, mini pill, IUD or injection).

### **Removals:**

If you have an implant that is due to be removed, or you wish to stop using the method as you would like to become pregnant please book an appointment for this procedure. You can have a further one inserted at the same time if you want to continue the method.

If you wish for removal because you have been suffering from unacceptable side effects from we would prefer that you make an appointment first with a doctor so that can discuss the best management plan for you.