

HEDGE END MEDICAL CENTRE

Advice BEFORE the fitting of Implant Contraception (Nexplanon)

Who is it for?

This leaflet is written for women who are planning to have an implant fitted. It tells you about tests we may recommend before the insertion and about the timing of appointments to make the fitting as safe and comfortable as possible.

Before your implant is fitted

The doctor or nurse in the clinic should have discussed your choice with you, and will have provided information about your chosen method.

Timing of appointment for implant insertion

We need to be sure that you are not pregnant before we can fit an implant so you must either be using a reliable method of contraception in the month before your appointment or book an appointment for just after a period or not be having sexual intercourse at all. For more information about timing your appointment, see below.

- 1 If you are using a reliable method of contraception ('pill' taken correctly, injection, coil) implant fitting can take place at any time.
- 2 If you are not using one of the methods above, or you are relying on condoms/cap, you should avoid intercourse from day one of your period until your next appointment.
- 3 If you have recently had a baby you should start using reliable contraception 21 days after giving birth. You can have an implant inserted from three weeks after the birth.
- 4 If you have recently had a pregnancy loss or abortion you can have an implant inserted at any time after the procedure provided we can be certain you are not pregnant - so you should either not have been sexually active or have used another adequate contraceptive method (see 1).
- 5 If you are not having regular periods, and not using a reliable method of contraception, as above, **YOU MUST AVOID INTERCOURSE FOR AT LEAST 7 DAYS** before your appointment. We will perform a pregnancy test before fitting your implant.

How soon does it work?

If the implant is fitted during the first five days of your menstrual cycle, you will be immediately protected against becoming pregnant. If it is fitted on any other day of your menstrual cycle, you will not be protected against pregnancy for up to seven days, and should use another method, such as condoms.

On the appointment day:

The contraceptive implant is placed just under the skin, in your upper arm. The Nurse will give you a local anaesthetic injection, to numb this part of your arm before they put the contraceptive implant in. It should only take a few minutes, and you won't need any stitches. The area may be slightly tender for a few days, but the nurse will put a small dressing on, to protect it and help stop any bruising.