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## **Advice for after the FITTING of the contraceptive implant, Nexplanon**

**Who is it for?**

This leaflet is written for women who have just had a Nexplanon inserted. It tells you more about what to expect after insertion and when follow-up is required. You should already have written information about your chosen method of contraception. You will have been given a record card stating which arm the implant is in and the latest date by which it should be removed. Keep this in a safe place for future reference.

Nexplanon is licensed to be used for 3 years. It is recommended that your Nexplanon is removed after this period. You will **not** be automatically sent a reminder or recalled.

A pressure bandage will be put on your arm to reduce bruising. It is important that you keep this clean and dry. You can use your arm normally but try not to knock the area. The bandage can be removed after 24hrs. If your arm feels numb, cold or tingly, please loosen the bandage as it is not intended to reduce blood flow through your arm. You may find you have some mild bruising and discomfort around the site of the insertion after the local anaesthetic has worn off. It is safe to treat this with your usual painkillers such as Paracetamol. Alternatively, Ibuprofen (Nurofen) can be taken if you have no medical contraindications such as asthma or stomach ulcers.

Some irregular spotting/bleeding is common after the fitting. In the first year most women will have irregular bleeding. All women are different, some may have heavier periods and some will not bleed at all. These changes may be a nuisance, but they will not affect how Nexplanon works to prevent pregnancy.

It is important to return for follow up if the doctor or nurse has advised you to. Otherwise, **there no need for a routine check after Nexplanon is fitted, UNLESS** any of the following occur:

- The skin looks red and angry around the site of insertion
- You cannot feel the implant (use condoms until you are seen)
- You think you may be pregnant
- You are unhappy with any side effects including the bleeding pattern
- You want to try for a baby

**How soon does it work?**

- Nexplanon fitted **BEFORE** day 5 of menstrual cycle – immediate
- Nexplanon fitted **AFTER** day 5 of menstrual cycle – 7 days after insertion
- Changing from another method of contraception – as advised by doctor or nurse