

## ADVICE FOR PATIENTS CONSIDERING A CONTRACEPTIVE IMPLANT

Nexplanon is a highly effective method of preventing pregnancy (less than 1:1000 women fall pregnant using this method). Nexplanon is a form of hormonal contraception (progesterone only contraception). It works mainly by preventing the release of an egg (ovulation). It is licensed to work as a contraceptive device for three years after insertion. After this time, it will need to be replaced or an alternative form of contraception will need to be used. (The date of removal will be provided by the doctor who has inserted the device at the time of fitting)

- Nexplanon has a variable effect on the periods after insertion. A change in your bleeding pattern is likely. Your bleeding pattern may become unpredictable and is often irregular and may change over the three year period of use. 20% patients have no bleeding with this method. In 50% women, the periods may be infrequent, frequent or prolonged.
- The contraceptive implant will not protect against sexually transmitted infections and condoms in addition are recommended for this purpose
- It is a rare complication that the implant can move once inserted. Please seek advice if you are unable to feel your implant after insertion.
- There is a small risk of hormonal effects e.g. acne due to the progestogen hormone used in the Nexplanon. There has been no evidence that it **causes** mood changes, headaches or weight changes, although some Nexplanon users do report these symptoms.
- A small amount of local anaesthetic will be injected to numb the skin before the implant is inserted into the arm.
- A tiny scar may form at the site of insertion. There is a risk of bruising, which is temporary, and a small possibility of infection at the site of insertion. If required a pressure bandage will be applied to reduce bruising after insertion of the device which can be removed after 24 hours.
- The device will need to be removed by a minor procedure involving local anaesthetic injection to numb the skin and a tiny incision (cut) . This may result in a small scar.
- The date of removal will be provided by the doctor who has inserted the device at the time of fitting. It is your responsibility to keep this date safe, and contact the surgery to arrange removal or replacement as this date approaches, particularly in case of moving surgery before the Nexplanon is due to be changed.