



NEXPLANON CLINIC

PATIENT INFORMATION

This leaflet is for patients receiving the contraceptive implant (Nexplanon).

If you do not currently have an implant fitted, or your implant is no longer in date, please ensure you have been using **adequate alternative contraception** or have been **abstinent since your last period**.

The contraceptive implant **does not** protect against sexually transmitted infections

The contraceptive implant is a highly effective, convenient, and reversible contraceptive option.

It works for three years and you can use it if you're breastfeeding. Your fertility will return to normal as soon as the implant is taken out.

When given your Nexplanon Implant Appointment

Before attending the Nexplanon clinic, you must **speak to a doctor** to make sure the implant is the right option for you. If you have not, or your discussion with a doctor was several months ago, please ring the practice and ask to make a telephone appointment with a doctor to discuss using the implant as contraception before attending your Nexplanon Implant Appointment.

Please advise practice staff if you have any allergies, including to plasters, or if you are taking any medication

Day of the appointment

Please make sure you have eaten breakfast/lunch

You may want to consider taking ibuprofen or paracetamol 1 hour before

Getting your implant fitted

Your implant will be fitted by a trained clinician at NHG. At the start of the appointment, the clinician will talk you through the procedure and ask you a few questions to ensure the procedure can take place.

The appointment should take 15-20 minutes.

Discussion of whether an implant is an appropriate choice of contraception should take place **prior** to the day of insertion.

Telephone: 01667 452096



Local anaesthetic will be used during the procedure and you may notice some bruising in the days following implant insertion/ removal.

We will tell you how soon you can rely on your implant (new or replaced) after it is fitted. This depends on where you are in your cycle when it is fitted.

Implant removal

If you are getting an implant removed and not getting a replacement fitted and do not wish to get pregnant, please avoid sex or use condoms for 7 days before your appointment.

We recommend you start your next form of contraception (pills/injection) at least 7 days before the implant is removed or within 5 days of your period.

The implant can be removed at any time in your cycle without avoiding sex if you wish to become pregnant or no longer need contraception.

We recommend a minimum of 3-6 months with the implant before removal.

After your appointment

If the implant is fitted within the first 5 days of your menstrual cycle, you will be protected **immediately** from pregnancy, any later and you will need to **avoid intercourse** or use **additional contraception for 7 days**.

You may experience some changes in your menstrual bleeding pattern. These can occur even if you have had the implant before. In most cases, abnormal bleeding will settle within 3-6 months of insertion. We recommend keeping it in for this minimum duration and can provide additional support, including medication, should you have any problems.

Please contact the GP if any of the following occur

- You have any signs of infection, such as: pain, swelling, and redness at the insertion site, smelly discharge, lower abdominal pain, pain during sex, high temperature
- You want your implant removed
- You are worried that you may be pregnant, or have taken a home pregnancy test that is positive whilst your implant is still in place

If you no longer wish to have your implant fitted, or your appointment is no longer convenient, please contact the practice.

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