

CONTRACEPTIVE IMPLANT (NEXPLANON®)

This brochure will provide you information on the progesterone-only contraceptive implant known as Nexplanon®.

How does it work?

Progestin thickens the mucus on your cervix, which stops sperm from swimming through to your egg. Progestin can also stop eggs from leaving your ovaries (called ovulation), so there's no egg to fertilize.



Insertion

A small amount of local anaesthetic will be injected into your arm to numb the skin before the implant is inserted. A special insertion tool is used to slide the implant under your skin. Putting the implant in takes a few minutes. 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. The area will be covered with a small bandage and then a pressure bandage to help reduce bruising. You should keep the area dry for 24 hours. The pressure bandage can be removed after 24 hours. The other bandage can be removed after 5 days.


Call our clinic if you notice bleeding, pus, redness or pain in your arm where the implant was inserted doesn't go away or the implant seems to have moved


HarmonyCare
family practice

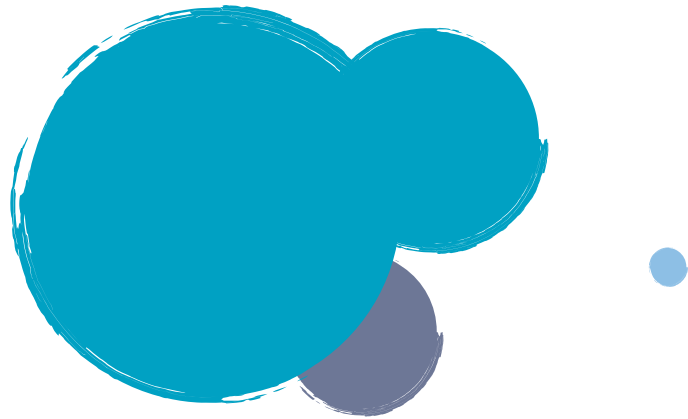


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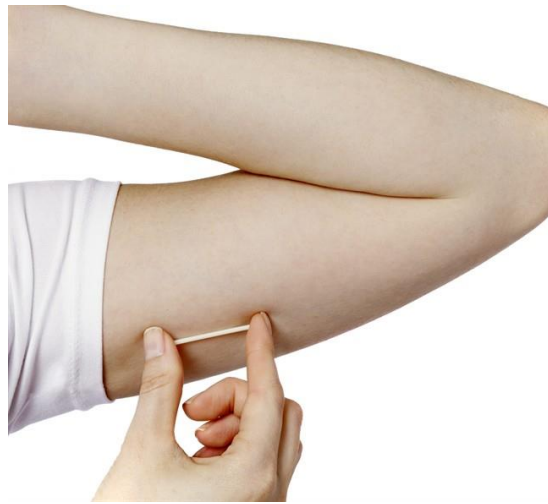
How long does it take for the implant to start working?

If you get Nexplanon® during the first 5 days of your period, you're protected from pregnancy right away.

If you get the implant at any other time in your cycle, use some other form of birth control (i.e. condoms) during the first week. After that first week, the implant starts working and you're protected from pregnancy for 3 years.

Removal

The device can be removed at any time. You can get pregnant right away after removal. It will need to be removed by a minor procedure involving local anaesthetic injection to numb the skin and a tiny incision (cut) through which the device can be removed. This may result in a small scar.



What to watch for

Serious problems with Nexplanon® are rare, but they include:

- arm pain that lasts for longer than a few days;
- an infection in the arm that needs medicine; or
- a scar on your arm where the implant goes.

If you have more questions, please speak to your physician

