

Nexplanon®
(etonogestrel implant) 68mg
Radiopaque



NEXPLANON (Contraceptive Implant) Patient Guide

Wandsworth Medical Centre, July 2019

This guide is designed for patients whom are considering Nexplanon insertion or whom have booked their Nexplanon insertion/removal appointment. You may also find the following websites useful:

<https://www.nexplanon.com/what-is-nexplanon/>

<https://www.nhs.uk/conditions/contraception/contraceptive-implant/>

If you have any further questions please arrange to discuss with one of the clinicians at Wandsworth Medical Centre.

Please ensure that you have read the following prior to your appointment as it contains important information which must be adhered to.

You will be asked to sign a consent form during your appointment.

Prior to insertion or removal

You must not have any risk of pregnancy prior to insertion. You will be asked to sign a consent form and declare that you have not had unprotected sex since your last period, or have been using reliable contraception.

On insertion it can take 7 days to be fully effective as a method of contraception, therefore another **form of contraception needs to be used for 7 days after the insertion of Nexplanon.**

After removal the hormone levels from the **implant become undetectable within a few days.** This means that without another method of contraception you can potentially fall pregnant soon afterwards. It is worth considering which other method of contraception you plan to use going forward.

Method

Nexplanon is a small flexible rod that is placed under your skin. It releases Progesterone into your bloodstream over 3 years to prevent pregnancy.

Nexplanon is licensed to have a contraceptive effect for three years after insertion. **At or before 3 years it needs to be removed and replaced or another form of contraception used. It is the patients' responsibility** to keep a record of the date, you will not be sent a reminder by Wandsworth Medical Centre.

Nexplanon is a highly effective form of contraception. Less than 1:1000 women become pregnant using this method.

Possible side effects include the following: irregular bleeding that can persist for several months (it can be heavy, moderate or light); skin changes (an increase in spots or acne); bloating; headache (if you suffer from migraine it may increase episodes of migraine); mood changes.

Insertion and removal

The insertion and removal of NEXPLANON **requires a surgical procedure**, performed by a trained healthcare professional.

On insertion a small amount of local anaesthetic is used to numb the area and the device is inserted under the skin.

Upon removal a small dose of local anaesthetic is injected into the skin at the lower end of the implant to numb the area. When numb, a small cut is made through which the implant can be pushed to remove it.

Please let the clinician know if you allergies to local anaesthetic or dressings.

After care

After insertion the clinician will ask that you feel the device under your skin. You should check this periodically over the 3 years.

There is a low risk of the device moving, but if you cannot feel the device, you should seek medical advice from your GP or family planning clinic. There is a low risk of localised infection and you are advised to **keep the area clean and dry for 5 days. Avoid heavy lifting/ heavy arm exercise during this time.**

The device can migrate or be expelled so please ensure that you do not push the device or 'play' with it after insertion. You may have a small scar at the insertion site.

You will be given a card with the dates of you insertion, and you must retain this to ensure you have the implant removed at the appropriate time. If you would like the implant removed earlier then please book with a clinician to discuss. If you lose the card please contact Wandsworth Medical Centre. You will not be routinely reminded of the expiry date.

After removal steristrips are placed over the site of the cut to hold the skin edges together to allow healing. You are advised to **keep the area clean and dry for 5 days. Avoid heavy lifting/ heavy arm exercise during this time.**

A pressure bandage will be placed over the wound to reduce the risk of bruising or swelling. This can be removed after 24 hours.

There is a small chance of infection occurring at the wound. Please report redness/pus/fever (rare)

There will be a small scar that will fade in time.