



**Sexual Health  
Dorset**

**NEXPLANON<sup>®</sup>**  
**(SUB DERMAL CONTRACEPTIVE IMPLANT)**

**Advice Before the Fitting FP1**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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Produced: July 2017

Review Date: June 2019

Website : [Sexualhealthdorset.org](http://Sexualhealthdorset.org)

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## Advice before fitting

The implant is a very effective contraceptive. If 1,000 women are fitted with implants, over 3 years, less than one would become pregnant.

Your bleeding will probably change. Most women will have irregular bleeds. 1 in 5 women do not have bleeds at all and some women have bleeds that last longer. These changes may be a nuisance but they are not harmful. If you do have prolonged bleeding, seek help. You may need some additional hormone and can be checked to make sure that the bleeding is not due to some other cause.

You can have hormonal side effects – headaches, mood changes, breast tenderness. These usually stop within a few months.

Following insertion/removal local site reactions can occur, itching, swelling, bruising. Very rarely, soon after insertion, you may get an infection where the device has been inserted.

Some medicines may make an implant less effective. These include some of the medicines used to treat HIV, epilepsy and tuberculosis, and the complementary medicine St John's Wort.

Occasionally, an implant is difficult to feel under the skin and it may not be so easy to remove. If this happens, you may be referred to have it removed with the help of an ultrasound scan.

In very rare circumstances nerve injury can occur during Nexplanon insertion/removal.

After it has been fitted the doctor or nurse will check your arm to make sure that the implant is in position. You will also be shown how to feel the implant with your fingers, so you can check it is in place.

Expulsion or migration of the implant is possible. In extremely rare cases ( 1.3 Cases per million Nexplanon implants sold ), implants have been found in a blood vessel, In these cases surgery might be necessary when removing the implant.

Your fertility will return to normal as soon as the implant is taken out.

## Contraceptive effect

If fitted between days 1–5 of your cycle the implant will be effective immediately at any other time you must wait 7 days for the implant to become effective as a contraceptive.

The device can be fitted-

- At other times during the cycle as long as you are **reliably** using any of the following methods of contraception:
  - \* an up-to-date contraceptive injection (Depo Provera® / Noristerat® / Sayana Press®)
  - \* the pill (Combined or Progestogen Only)
  - \* a ring (NuvaRing®)
  - \* a patch (Evra®)
  - \* an Intrauterine Device or System (IUD / IUS)
  - \* an in-date implant (Implanon® / Nexplanon®)
  - \* Consistent, correct and reliable condom use

**Please note: this depends on the discretion of the clinician at the time of the consultation.**

The implant offers no protection against any sexually transmitted infection. It is advisable that condoms are used for 'safe sex'.

## On the appointment day

Do not miss a meal; it is best to have eaten before you attend.

Please do not bring small children with you, unless you are accompanied by someone who can care for them..

The insertion procedure does not take long. A local anaesthetic injection is used, which can feel like a bee sting, but the process is otherwise relatively painless.

Most women are able to return to work immediately afterwards.