

How soon can I become pregnant once the implant is removed?

Once the implant has been removed your usual level of fertility will return almost immediately.

What happens after 3 years if I want to continue to use the implant?

A new implant can be inserted at the same time that the old one is removed. If an implant is replaced immediately, and after no longer than 3 years since insertion, there is no need for additional contraceptive precautions after replacement.

Will you remind me when my implant is due for removal?

No. We will give you a card with the date when the implant is due for removal and, with your permission, provide your GP with that information too. Please keep this card safe. This leaflet is to be used in conjunction with 'Your guide to the contraceptive implant' FPA information.

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

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**Sexual Health
Dorset**

Sub Dermal Contraception

Advice Following Implant Insertion FP2



Implant

Your contraceptive implant was fitted
on.....
and will need removing in 3 years' time
on.....

Dorset HealthCare University NHS Foundation Trust

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When can I remove the bandage?

Your pressure dressing can be removed 24 hours after the fitting, please keep the area dry over this time.

What should I expect to see and feel?

Once the local anaesthetic wears off, you may experience discomfort from bruising. Please take pain relief if required. Most bruising should go within 7 days of insertion. If you discover pus, bleeding or intense pain at the insertion site, return to the clinic or contact your GP because you might need antibiotics for infection.

Occasionally women experience itching over the insertion site; this is not usually a problem and goes within 2–3 months of insertion. Oral antihistamines can help to relieve the itch. Topical antihistamines are best avoided because they can induce an allergic response. You can carry out all usual activities after implant insertion.

When can I rely on the implant as a contraceptive?

The implant is a very effective contraceptive but may not work immediately so ensure you have a backup method such as condoms or abstain for 7 days following insertion of the rod.

Will the implant move around inside my arm?

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.

Does the implant offer protection against sexually transmitted diseases?

No. The implant does not protect you from sexually transmitted infections. Condoms offer the best protection against sexually transmitted infections.

When do I need a check-up?

Routine check-ups are no longer carried out. However, you must return to the clinic if any of the following occur:

- **Pus, bleeding or pain or skin changes at insertion site**
- **Expulsion of implant**
- **You are concerned you might be pregnant**
- **Can no longer feel implant or it appears to have changed shape**
- **Severe lower abdominal pain (ovarian cysts are uncommon but can occur)**
- **Develop a medical condition which means you can no longer use the method**
- **Any worries or questions**
- **To change contraceptive method.**

What side effects can I expect?

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.

Is there anything I can do to prevent side effects?

Yes, do not prod, poke or in any way tamper with the device.

What should I do if I want to stop using the implant?

You will be able to become pregnant right away after your implant is removed, so if you do not want to become pregnant immediately, ensure you have your next contraceptive method in place before the implant is removed. Contact the clinic before removal to discuss this with the doctor or nurse.