

CONTRACEPTIVE IMPLANT

(Based on Managing Contraception Pocket Guide 2019-2020)

Effectiveness:

- Less than a 1% failure rate

Action: Single rod implant with hormones that is placed under the skin of upper arm that will protect you from pregnancy for at least three years.

Advantages/Benefits:

- Decreased menstrual (period) and ovulatory cramping or pain
- Less bleeding or no period; less anemia (low number red blood cells)
- Reliable
- Reversible
- Convenient
- Discreet
- No self-administration required
- More pleasurable sex because fear of pregnancy is reduced – allows spontaneity
- Good choice for women with contraindications to estrogen, with history of blood clot, recently postpartum women, women who are breast-feeding only, smokers over age 35, women with high blood pressure, heart disease or stroke and problems with cholesterol
- You may become pregnant as early as the first week after implant removal. If you do not want to get pregnant after contraceptive implant removal, you should start another birth control method right away.

Disadvantages/Risks:

- Unpredictable/irregular menstrual (period) bleeding frequent and may persist but usually is light and well tolerated
- Can have either no period or heavy bleeding
- Irregular bleeding may interfere with sex
- Special training is needed for insertion and removal of implant
- No protection against sexually transmitted diseases
- Hormonal side effect - headache is common
- May develop acne (or acne may improve)
- Ovarian cysts; usually resolve without treatment
- Dependent on clinician to remove

Drugs that may lower Nexplanon effectiveness include the anticonvulsants phenytoin, carbamazepine, barbiturates, primidone, topiramate, and oxcarbazepine.

(Continued)

Rule out pregnancy before placing the implant.

Instructions:

- Irregular bleeding is to be expected and persists while rod is in place, or you may have no period at all.
- If your pattern of bleeding is unacceptable, come back because there are several treatments that may make your bleeding pattern more acceptable
- Continue to have annual well woman visits
- If you have arm pain after implant is put in make sure bandage isn't too tight
- Apply ice packs to site for 24 hours (as needed)
- Take over the counter pain medication per instructions on bottle
- If signs of infection appear (swelling, redness, drainage, fever) report to your health care provider.
- Carefully read this sheet, and call health care provider if you have questions

FPEM 7
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Page 2 of 2