



Nexplanon (Contraceptive Implant) Before your fitting appointment

What are the benefits to the contraceptive implant?

The implant is licensed for use as a contraceptive for up to three years and provides very effective protection during that time. The failure rate is less than 1 in 1000.

Although a very effective form of contraception, its effects are quickly reversible after removal, and so it will not impact upon your future fertility.

When should you book an appointment for an implant fit?

The implant can be fitted at any time of the menstrual cycle.

The implant is usually fitted when there is no risk of pregnancy.

Pregnancy can take up to three weeks from the time of conception to become apparent on a urinary pregnancy test.

Therefore, if you are not using a regular form of contraception:

- In the three weeks prior to your appointment, you will need to either abstain from sex, or will need to be using another reliable method of contraception, consistently and correctly. Your healthcare provider will be able to recommend such a form of contraception.

If you are using a regular form of contraception, different to the implant:

- In the three weeks prior to your appointment, you will need to continue this form of contraception and take consistently and correctly. Should there be any errors – for example, missed pills – in those three weeks, it may not be possible to fit your implant.

If you are already using an implant for contraception:

- If you wish to have another implant, both the removal of your current implant, and insertion of a new implant, can take place during the same appointment.



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- If your current implant is in date, you will not need any additional contraception prior to the fitting appointment.
- If your current implant has expired, in the three weeks prior to your appointment, you will need to either abstain from sex, or will need to be using another reliable method of contraception. Your healthcare provider will be able to recommend such a form of contraception.

What will happen at your implant fitting appointment?

The implant will usually be inserted into the upper part of the arm you don't write with.

Local anaesthetic will be injected to numb the skin in this area, and it is checked that numbness has been achieved before starting the procedure.

The implant is then inserted using an introducer to slide it under the skin of your arm. You may feel a pressure sensation during insertion, but the use of local anaesthetic means you will not feel pain.

The implant site will then have a plaster and a bandage may be applied, and your healthcare professional will give you some advice on how to best care for the site as it heals.

We kindly ask that babies and children are not brought with you to the appointment.

What can you expect after your implant fitting appointment?

You are likely to experience some bleeding, bruising and a small scar at the insertion site. These will settle and fade quickly.

You may experience some irregular or prolonged vaginal bleeding after the implant is fitted. This most commonly occurs in the first three-six months of use. It is usually light bleeding and often improves. However, if you are unhappy or concerned by your bleeding pattern, please book an appointment to see us. There are treatment options available to help.

What are the risks associated with your implant fitting?

There is a small risk of developing a skin infection at the insertion site. Following the healthcare provider's advice regarding the care of your arm will minimize this risk. If you developed any signs of skin infection, such as skin redness, tenderness, swelling, pus or feeling feverish, seek advice by contacting the clinic, your GP or 111 promptly.



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There is a very small risk of inadvertent deep insertion of the implant into your arm. Deeply placed implants are associated with a very slight increased risk of damage to nerves or blood vessels in the arm. After or during the procedure, if you developed any burning pains, shooting pains, numbness, tingling or altered sensation in your hands or fingers, seek advice by contacting the clinic, your GP or 111 promptly.

Reference: <https://www.fsrh.org/standards-and-guidance/documents/cec-ceu-guidance-implants-feb-2014/>

Contact Sexual Health Services

Telephone: 01793 604038

Website: www.swindonsexualhealth.nhs.uk/clinics

Opening times:

Monday 09.30-20.00

Tuesday 09.00-19.00

Wednesday 09.00-16.00

Thursday 09.00-19.00

Friday 08.30-11.00

Saturday 09.00-11.00

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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