



Patient Information

Nexplanon (Contraceptive Implant) Before your removal appointment

When should you book an appointment for implant removal?

If you do not wish to become pregnant, and would like to continue with the implant as your ongoing method of contraception:

- Book an appointment prior to the expiry of your current implant. Your current implant expires three years after fitting. If your current implant is removed prior to its expiry, and replaced with a new one, the new one will be effective at preventing pregnancy straight away.
- If your current implant has already expired, and you do not wish to become pregnant, do not rely on it as a form of contraception. Speak to your healthcare provider about starting alternative contraception, prior to removal and replacement with a new implant. The healthcare provider will then advise you when it is best to book an appointment for implant removal, and how long it will be before the new implant is effective at preventing pregnancy.

If you do not wish to become pregnant, but would like to start an alternative method of ongoing contraception:

- Speak to your healthcare provider about your ongoing contraceptive options. The healthcare provider will then advise when it is best to book an appointment for implant removal, and how long it will be before you can rely on the new form of contraception to prevent pregnancy.

If you wish to become pregnant:

- Once the implant is removed, a woman's fertility and menstrual cycle can return to normal very quickly. Because of this, it is recommended that you start taking Folic Acid and Vitamin D prior to implant removal. It is also important to optimize your health prior to pregnancy – this may include stopping smoking, avoiding alcohol, aiming for a healthy BMI, ensuring you are up to date with your cervical smears and seeing your General Practitioner (GP) to review any regular medication you take.



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- See NHS Better Health for advice on losing weight, quitting smoking, getting active and drinking less - <https://www.nhs.uk/better-health/>
- Even if your implant is expired, it is recommended that you don't start trying to conceive until your implant is removed. This is because the implant may still be releasing a small amount of hormone, and though the risk of this hormone affecting a pregnancy is low, its safety cannot be guaranteed.

What will happen at your implant removal appointment?

If your implant is easy to feel, the skin will be numbed using a local anaesthetic injection, before a small cut is made into the skin to remove the implant.

If your implant is more difficult to feel, you will be referred to a specialist clinic for removal. At this clinic it is possible to do an ultrasound scan of your arm to confirm the position of your implant. Doing this will minimize the risk of complications during removal.

There is a very small risk of damage to nerves or blood vessels within the arm at the time of implant removal. This is more likely if your implant is deep or difficult to feel, hence the need to be seen in a specialist clinic.

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

What can you expect after your implant removal?

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

There is a small risk of developing a skin infection at the removal site. Following the healthcare provider's advice regarding the care of your arm will minimize this risk. If you were to develop 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.

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



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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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