

CONTRACEPTIVE IMPLANT- NEXPLANON®

WHAT IS NEXPLANON® (etonogestrel implant)?

Nexplanon is a small flexible contraceptive implant that is placed under the skin of the upper arm by a trained health care provider.

Nexplanon is a long-acting reversible birth control option and effective for three years, but it can be removed at any time.

HOW IT WORKS

Nexplanon works by releasing a low steady dose of progesterone hormone to stop an egg from being released by the ovary and prevents sperm from reaching the egg. It also thins the lining of the uterus making it difficult for an egg to attach itself.

EFFECTIVENESS

Fewer than 1 out of 1000 people who use the NEXPLANON for one year will get pregnant. It's more than 99% effective! Implants are one of the most effective methods you can get because there's almost no way you can mess it up. You can't forget to use it or use it incorrectly.

WHEN NOT TO USE NEXPLANON

- You are pregnant or think you may be pregnant
- If you have health conditions such as liver disease, unexplained vaginal bleeding, certain types of cancer or Lupus or if your physician recommends an alternative form of birth control

NEXPLANON does not protect you from STI's. Always use a condom from beginning to end of all sexual contact to reduce your risk.

COMMON SIDE EFFECTS

The hormone in the birth control implant may cause side effects in some people, but not everyone experiences them. Many people use the implant with no side effects at all.

Negative side effects usually go away after a few months once your body gets used to your implant. If you just got the implant and you have side effects that bother you, try to give your body a chance to adjust to the Nexplanon.

The most common side effect is spotting (light bleeding or brown discharge), especially in the first six to 12 months.

For most individuals, the implant makes their periods much lighter; some individuals even stop getting a period while they have the implant. One in three people with the implant stop getting periods after a year.

LESS COMMON POSSIBLE SIDE EFFECTS INCLUDE

- Headaches
- Breast pain
- Nausea
- Weight gain
- Ovarian cysts
- Pain or bruising at insertion site or an infection at insertion site

ADVANTAGES

- Nexplanon be left in place for up to three years
- Nexplanon is reversible; you can get it removed at any time and it is possible to get pregnant as soon as your implant removed
- Nexplanon can make your periods lighter and improve period cramps
- Nexplanon only has one hormone in it (progesterone)
- Some people with certain health problems can't use methods containing estrogen, because Nexplanon is estrogen-free more people can use it
- Highly effective and has low risk of side-effects
- At the same time of removal, a replacement Nexplanon can be inserted
- Speak to your physician or a York Region public health nurse as this may be a safe birth control method to use while you're breastfeeding; you may be able to start using the implant right after you give birth

DISADVANTAGES

- There is a risk of redness, infection, bruising, pain, swelling, scarring, incorrect placement, and/or damage to the nerve/blood vessels
- Pain, irritation, swelling, or bruising at the insertion site
- Numbness and tingling at the insertion site
- Scarring, including a thick scar called a keloid around the insertion site
- Scar tissue may form around the implant making it difficult to remove

WHAT TO EXPECT DURING THE PROCEDURE

During the procedure you will lie on your back with your arm raised. A trained health care provider will inject some local anesthetic (freezing medication) to the area (the inside aspect of your upper arm). The NEXPLANON will be inserted just beneath the skin using a specially designed insertion tool.

AFTER THE PROCEDURE

- You should be able to feel the implant within the arm to confirm its placement
Follow the aftercare instructions provided to you by the physician that inserts your Nexplanon
- You should use a back-up method of birth control (e.g condoms) for 7 days after the insertion

TELL YOUR HEALTH CARE PROVIDER IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Heavy, prolonged bleeding
- Signs of an infection at the insertion site (tenderness, redness, swelling or discharge)
- Signs or symptoms of pregnancy
- You are unable to feel the Nexplanon implant

ADDITIONAL RESOURCES

- sexandu.ca
- York Region Public Health Sexual Health Clinics **1-800-361-5653, # 1**
- PlannedParenthood.ca
- <https://www.nexplanon.com/what-is-nexplanon/>