



Advice regarding the FITTING of the contraceptive implant, Nexplanon

Who is it for?

This leaflet is written for women who have just had a contraceptive implant (Nexplanon) inserted. It tells you more about what to expect after insertion and when follow-up is required. You should already have written information about your chosen method. You will have been given a record card stating which arm the implant is in and the latest date by which it should be removed. Keep these in a safe place for future reference.

Date of fitting: _____

Nexplanon is licensed to be used for 3 years.

Date suggested for removal or replacement: _____

Note: it is recommended that your Nexplanon is removed or replaced on or before the date above.

You will not be automatically recalled or sent reminders.

After your Nexplanon fitting

A pressure bandage will be put on your arm to reduce bruising. It is important that you keep this clean and dry. You can use your arm normally but try not to knock the area. The bandage can be removed after 24 hours. If your arm feels numb, cold or tingly, please loosen the bandage as it is not intended to reduce blood flow through your arm. The arm must be kept clean and dry, so will need to be covered with plastic if you take a bath or shower. The butterfly plaster covering the small wound at the insertion site should be left alone, and will fall off naturally over the next 7 days.

You may find that you have some mild bruising and discomfort around the site of insertion after the local anaesthetic has worn off. It is safe to treat this with your usual pain killers such as paracetamol. Alternatively, Ibuprofen can be taken if you have no medical reason such as asthma or stomach ulcers not to take them.

Some irregular spotting/bleeding is common after the fitting. In the first year, most women will have irregular bleeding. All women are different and some may have heavier periods and some will not bleed at all. These changes may be a nuisance but they will not affect how Nexplanon works to prevent pregnancy.

It is important to return for follow-up if the doctor or nurse has advised you to. Otherwise, there is no need for a routine check after Nexplanon is fitted, UNLESS any of the following occur:

- The skin looks red and angry around the site of insertion; or it is tender or you have a fever; as if any of these signs or symptoms occur, you must contact a doctor straight away as you may require antibiotics.
- You cannot feel the implant (use condoms until you are seen);
- You think you may be pregnant;
- You are unhappy with any side-effects including the bleeding pattern;
- You want to try for a baby.