

Advice Before a Contraceptive Implant (Nexplanon) Fitting

Before your appointment

- Please use a reliable method of contraception prior to having your implant fitting as we need to be confident that you are not pregnant at the time of fitting. You may be asked to continue this method until 7 days after the implant is fitted.
- Barrier methods (condoms, caps and diaphragms) aren't very reliable so if they are the only method of contraception that you are using, we prefer if you abstain (have no sex) from the start of your period until your appointment. If in any doubt, please contact us prior to your appointment to discuss this with the Nurse.
- The implant can be fitted at any point in your menstrual cycle. The implant takes 7 days to work, so you will need to abstain or use an additional form of contraception for a week after your implant is fitted. If it is fitted on days 1-5 of your cycle (day 1 being the first day of your period), it is effective immediately.

During your appointment

- Please allow at least 30 minutes for the appointment. You are welcome to bring a friend/partner with you but please be aware that you will be asked some personal questions.
- The procedure will be explained to you prior to the implant insertion, and you will be asked to sign a consent form. There will be time for any questions you may have.
- Please wear a top with short sleeves.

- You will be asked to lie down on the couch, and you will be given pain relief either in the form of a cold, numbing spray on the surface of the skin or a local anaesthetic injection. The implant is then injected just under the skin of the inner side of your upper arm.
- You will be asked to feel the implant once it has been inserted so that you know where it is.
- You will have a very small wound on your skin at the point where the implant was inserted. This will be covered with a dressing that you need to leave on for around 3 days. You will be left with a very small scar.
- Your arm may be bruised, have some swelling, and feel sore after the insertion but it won't prevent you from doing anything after your appointment. You should avoid lifting anything very heavy until the wound has healed.
- Remember that you cannot rely on the implant for contraception until a week after fitting.
- More information and a video of an implant insertion can be found at <https://www.youtube.com/watch?v=opnXt3m2Nno>

After the procedure

- You will be provided some further information on after care at the end of the procedure.
- See further information on this weblink: https://www.unhs.co.uk/website/C84023/files/Advice_After_Contraceptive_Implant_Fitted.pdf