

St Stephen's Surgery

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NAME: Full Name

DOB: Date of Birth

Name of procedure: Insertion of Nexplanon

Statement of health professional (to be filled in by health professional with appropriate knowledge of proposed procedure, as specified in consent policy).

I have explained to the procedure to the patient. In particular, I have explained that: The Nexplanon is a flexible rod containing the hormone progestogen which is fitted under the skin in the upper arm.

The intended benefits are:

- It is a highly effective method of preventing pregnancy – failure rate less than 1%.
- It works for 3 years.
- Your usual fertility returns quickly when removed.
- It is useful if you cannot take oestrogen's or are breast feeding.
- It does not interfere with sex.
- It gives some protection against pelvic inflammatory disease.

Serious or frequently occurring risks are rare. However:

- Your periods will probably change and most women have irregular bleeding.
- Most women have regular periods after the first year but some will still have irregular bleeding. Some women have heavy and prolonged bleeding. A few women will not bleed at all. These changes may be a nuisance but are **not harmful**.
- Other possible side effects include headaches, acne, tender breasts and bloating.
- There is likely to be bruising after the implant is put in and the area may be tender for a day or two and slightly swollen.
- Very rarely, having the implant put in may cause an infection in the arm.
- You may be left with a small scar.
- Rarely damage to blood vessels and nerves can occur.
- One in one million risk of migration to lung
- It can sometimes be difficult to remove the implant.
- Some women may develop small fluid filled cysts on their ovaries. They are not dangerous and don't usually need to be treated. Often there are no symptoms but they can rarely cause pelvic pain. They usually disappear without treatment.

- Although research has not shown that implants cause depression and mood changes, some women do experience these symptoms.
- An implant does not protect you against sexually transmitted infections so you may need to use condoms as well.

The FPA leaflet has been provided.

Health Professionals Signature:..... Date.....

Name..... Job Title.....

Statement of the patient:

I agree to the procedure described above.

I understand that the procedure will involve local anaesthesia and that it is important to keep the implant site dry until it is healed.

I understand that it is my responsibility to have my implant removed at the recommended time.

Patients Signature..... Date.....

Name.....