

Dear

An appointment has been made for you to have a Nexplanon (contraceptive implant) fitted by Dr

Please read the information below before attending this appointment.

NEXPLANON ADVICE

You have decided to request fitting of the contraceptive implant, Nexplanon.

It is very important that there is **no chance of you being pregnant** at the time Nexplanon is inserted, so please use effective contraception, or abstain from sex, from now until the fitting.

If you have had unprotected sex in the 14 days before fitting, we will not be able to go ahead and fit your Nexplanon.

So:

- If you are taking the pill, continue to take it up until the day of fitting.
- If you have had a contraceptive injection, come to the clinic before the injection runs out (12 weeks and 5 days since the last injection).
- If you are using condoms, please do so very carefully, as if you have a burst condom and take emergency contraception in the 14 days before insertion, we will not be able to insert Nexplanon at this visit.
- If you already have a IUD (coil) in place, we would prefer to fit the Nexplanon and 7 days later take the IUD (coil) out.
- If you already have an implant in place, and we are removing it and inserting a new device, ideally abstain from sex or use a condom in the 7 days before the appointment.

In addition:

- If you have children, try to arrange childcare. If you can't do this please don't worry.
- The implant takes 7 days to become effective, so we recommend you continue with alternative contraception for the first 7 days after it has been fitted.

At the appointment:

You will have an opportunity to ask any questions. Consent to insert the device will be obtained, which includes making sure you that have had enough information to be sure you do want Nexplanon fitted. If at any stage you change your mind about the insertion, the procedure can be stopped.

Nexplanon is fitted just under the skin in the inner side of your upper arm.

- The arm is cleaned with antiseptic solution.
- An injection of local anaesthetic is given, just under the skin, where the Nexplanon will be placed. This is effective immediately and numbs the area.
- Most patients say that the Nexplanon insertion is only mildly painful, and not nearly as bad as they had expected.
- Nexplanon is preloaded in a sterile applicator device, so it is simple and easy for the doctor to insert it. The fitting takes only a few minutes from start to finish.
- After fitting, you will have a pressure bandage applied to the upper arm to try to reduce swelling and bruising. This should stay in place for 24-48 hours.
- The arm must be kept clean and dry, so will need to be covered with plastic if you take a bath or shower.
- If your arm aches when the anaesthetic wears off, you can take simple painkillers such as paracetamol or ibuprofen (as long as you are not allergic to these medications.)
- The butterfly plaster covering the small wound at the insertion site should be left alone. 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.
- Do look out for any signs of infection, such as extreme redness, tenderness at the injection site or any sign of pus, or fever. If any of these signs or symptoms occur, you must return to see your GP as you may require antibiotics.

The Nexplanon only lasts for 3 years and after that time you cannot rely on it for contraception and are at risk of getting pregnant. It is your responsibility to ensure it is changed before the date.

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Care of your Nexplanon

You have just had your Nexplanon fitted:

- Please keep the wound dry for 48 hours and keep covered with a dry dressing.
- Please remember that you must use condoms for 7 days before relying on the Nexplanon to work as a contraceptive.
- We do not routinely arrange follow up but if you have any concerns regarding your Nexplanon, please contact us.
- Your Nexplanon will last 3 years and after this time it will not prevent you from getting pregnant. We will not remind you when your Nexplanon is due to be changed so please keep the card we have given you. If you do lose it, please let us know and we can let you know the date we need to change your Nexplanon.