

Patient Name (Please Print): \_\_\_\_\_

### **Contraceptive Implant FACT SHEET**

The contraceptive implant is a matchstick-sized, thin, flexible plastic rod inserted under the skin of your arm by your healthcare provider, and can prevent pregnancy for up to three years.

The implant works to prevent pregnancy by continuously releasing a small amount of hormone called etonogestrel. Etonogestrel is a type of progesterone hormone, which all women have naturally. This hormone prevents the egg from being released from the ovary, and it thickens cervical mucous to prevent sperm from reaching an egg.

The implant is more than 99% effective, and one of the most effective forms of contraception.

**The implant does not protect against sexually transmitted infections (STIs).** Condoms are the best way for sexually active people to reduce the risk of infection. Always use a condom if you or your partner has other sex partners.

#### **Insertion of the Implant:**

The implant is inserted by your healthcare provider in the office. The implant should only be inserted when you and your provider are certain you are not currently pregnant. An area on your upper, inner arm will be cleansed and the area will be injected with a numbing medicine (lidocaine). The implant will be inserted just under the skin of your arm. Both you and your healthcare provider should be able to feel the implant after insertion.

#### **Removal of the Implant:**

The implant is removed in your healthcare provider's office. Your provider will feel for the location of the rod. After injecting the area with numbing medicine (lidocaine), a small incision will be made over the end of the implant and the implant will be removed. If your healthcare provider can not feel the rod, you may need to have imaging tests (ultrasound or MRI) to locate the implant before it can be removed.

#### **Advantages of the Implant:**

- Works for up to 3 years
- Most effective form of birth control
- Can be used when breastfeeding
- Works quickly after insertion
- Nothing to do right before sex to make it work
- Can quickly become pregnant when Implant is removed

#### **Possible Disadvantages of the Implant:**

- Common
  - Most women have some irregular menstrual bleeding or spotting when using the implant. Some women may stop having menstrual periods completely.
- Uncommon
  - Pain or scarring at insertion site
  - May have a small increase in weight
  - Headache, acne, ovarian cysts or change in mood

**Risks of using the Implant:**

- **Infection** – It is possible but rare to get an infection from insertion of the implant.
- **Pregnancy** – It is uncommon to get pregnant when you have an implant in place. If you do become pregnant, the implant should be removed. There is no evidence that the implant causes birth defects.
- **Migration of the implant** – very rarely, an implant may move slightly within the arm.

**Contraindications- the implant can not be used by women who:**

- Are, or think they are, pregnant
- Have an allergy to the hormone, etonogestrel
- Have a history of breast cancer
- Have unexplained vaginal bleeding

Tell your clinician if you have any of these risk factors or conditions, or if you are being treated for any medical illnesses. Implant may be less effective for some women taking certain anticonvulsant (anti-seizure) or anti-retroviral medications.

**Warning Signs – please call your health care provider right away if you:**

- Notice redness, swelling, or unusual pain at the insertion site.
- Think you might be pregnant
- Have been, or think you may have been, exposed to an STI
- Have unusually heavy bleeding from the vagina

**Instructions after insertion**

- Leave the Band-Aid or tape bandages covering the wound for 2-3 days
- You may remove the gauze pressure bandage 24 hours after insertion
- Bruising and mild discomfort are common after insertion

Regular physical examinations for routine health care and for STIs and cancer screening are strongly recommended.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_