

Advice Following Insertion of Nexplanon

Your Nexplanon was fitted on

It will need to be removed in 3 years time on

The pressure dressing is to reduce bruising and swelling at the insertion site. Please leave it on for 24 hours. Please keep the area dry over this time.

What should I expect to see and feel over the insertion site?

You may experience a little discomfort at the insertion site once the local anaesthetic wears off. Please take pain relief eg paracetamol as required. Most bruising should settle within a week of insertion. You can carry out all normal activities.

IF YOU DISCOVER PUS, BLEEDING or INTENSE PAIN at the insertion site please ring the surgery. This would indicate a skin infection, a rare complication. You might need antibiotics if these symptoms should occur.

Itching over the site of insertion can occur. This usually settles within a couple of months of insertion. You can try antihistamines such as cetirizine or piriton, available over the counter at a pharmacy, for itching.

When can I rely on Nexplanon as a Contraceptive?

Nexplanon is a very effective contraceptive but you need to ensure you have a back up method such as condoms, continue any contraceptive pills or abstain from sex for 7 days after insertion unless your doctor has informed you otherwise.

Will the Nexplanon move around in my arm?

No. A protective layer of fibrous tissue will naturally hold the implant in place and stops it moving around.

Does Nexplanon protect me from getting a sexually transmitted infection (STI)?

No. Please do not forget to use condoms in addition to the Nexplanon if you are having sex with a new partner or think you might be at risk of an STI. You can ask for a test from your doctor or contact the GUM clinic at Royal Bournemouth Hospital if you think you have put yourself at risk.

What Side Effects might I Expect?

Nexplanon can cause periods to become less regular. Some women have no periods, some will have irregular spotting or light periods. A few women have more prolonged bleeding. It can take up to 3 months after insertion for the bleeding pattern to settle. If you have concerns about your bleeding pattern please contact the GP. Medications can help to improve the bleeding pattern. Most other side effects are rare and can include headaches, nausea, breast pain and weight change.

What should I do if I want to stop using Nexplanon?

This depends on the reason for wanting to discontinue using the Nexplanon. For many women, this will be because they wish to start a family. Ideally you should consider taking a folic acid supplement of 400mcg a day for 3 months prior to having the Nexplanon removed. This can help reduce the chance of a foetus developing spina bifida. This supplement is available at any pharmacy.

Because the hormone levels from the Nexplanon will fall to undetectable levels within a couple of days of the implant being removed, you could fall pregnant very quickly after the implant is removed unless you have another contraceptive method in place. You need to think about this or ask your doctor before booking an appointment for the nexplanon to be removed.

PLEASE REMEMBER THAT YOU NEED TO TELL THE RECEPTIONIST IF YOUR APPOINTMENT IS FOR AN IMPLANT REMOVAL OR CHANGE, TO ENSURE THAT ENOUGH TIME IS ALLOCATED FOR THIS MINOR SURGICAL PROCEDURE AND THAT THE CORRECT EQUIPMENT IS AVAILABLE.

What happens after three years if I want to continue to use Nexplanon after this device expires?

A new device can be inserted through the same small incision created to remove the old implant but you need to let reception know in advance so that a new Nexplanon can be ordered in for you.

Please contact your doctor if you have an implant and the following occurs:

- pus/bleeding at the insertion site
- heavy vaginal bleeding
- expulsion of the implant (very rare)
- Delayed periods after long intervals of normal periods

- Severe lower abdominal pain (ovarian cysts are uncommon but can occur in women using Nexplanon or any other progesterone only method)