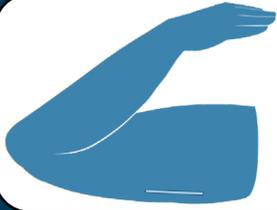


Arm Implant

Implant, Nexplanon, Birth Control Implant



How does the implant work?



- The implant uses the **hormone progestin** to prevent ovulation (so no egg is released for sperm to fertilize) and to thicken cervical mucus (which prevents sperm from moving into the uterus).
- The implant works for people of **all weights, all ages, and those using gender affirming hormone therapy**.
- The implant is a flexible plastic rod the size of a matchstick.

How do you use the implant?

replace every
3 - 5 years

You need to **see a provider** to start and stop using the implant.

Once you have the implant inserted into your arm, there is nothing more to do to prevent pregnancy until it is time to replace it.

- **Insertion:** The implant is inserted into and **left under the skin of the underside of your arm** by a provider. Your arm will be numbed with an injection before the procedure starts so you will not feel pain when the implant is inserted. The provider will use the implant applicator to insert it beneath the surface of your skin. Your provider will then bandage your arm. After the numbing medicine wears off, you may experience an ache in your arm as it heals as well as bruising at the insertion site. Once inserted, you cannot see the implant, but you can feel it if you touch your arm.
- **Removal:** While the implant can last for 3-5 years, **you can have it removed at any time and for any reason**. To have it removed, see your provider. Your arm will be numbed with an injection before the procedure starts so you will not feel pain. A small incision will be made in your arm and the implant will be removed through the incision. If you would like to have another implant inserted during the same visit, you can. Your arm will be bandaged. After the numbing medicine wears off, you may experience an ache in your arm at the removal site.



Privacy and control

- A provider is needed to start and stop using the implant.
- Someone may be able to feel the implant if they touch your arm, but they will not be able to see it.
- Someone you live with or who you share insurance with may see a bill from your insurance.
- Someone else cannot see that you are using this method.
- If anyone else is tracking your period, they may notice a change to your period.

When starting the implant, will it work immediately?



When starting within 5 days of the first day of your period, it will work immediately. If you are not sure bleeding is your period, you can use a backup method for 1 week.



When starting at any other time, the implant will take 1 week to work. Use an additional contraceptive during that week.



The implant may not be right for people who have or had

- Breast cancer
- Lupus with positive or unknown antibodies

This is not a complete list, talk to your provider about your medical history before starting this method.

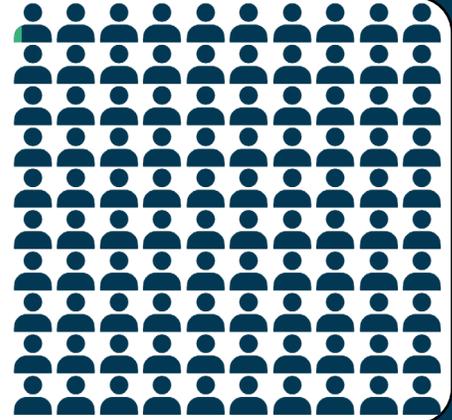


Use emergency contraception if

Because there is no user error with the implant, **there is no situation in which it is recommended to use emergency contraception**, though it is safe to do so.

How well does the implant prevent pregnancy?

- **Fewer than 1 out of 100 (0.1) people using the implant will get pregnant each year.** This means it is **99.9% effective.**
- Because there is nothing for you to do to prevent pregnancy once the implant is inserted, there is no user error to lead to a difference between typical use and perfect use.
- Some medications can make the implant not work as well.



Side effects

Sexually transmitted infections: Does not prevent.

- Use external or internal condoms to lower your risk of all sexually transmitted infections. *Phexxi* may prevent chlamydia and gonorrhea.

Period: Can affect.

- The implant may cause spotting between periods for many days.
- The implant may make your periods lighter.
- The implant may cause you to stop getting your period. This happens for about 22% of people. It is safe to not get your period because of the implant.

Period cramps: Can lessen.

Weight: Can cause weight gain.

Acne: Can worsen.

Fertility return: When you stop using the implant, you can get pregnant right away.

Other possible side effects:

- Headache
- Breast, stomach, or back pain
- Nausea
- Dizziness
- Pain at the insertion site
- Reduces symptoms of PCOS or endometriosis

The implant helps lower risk for: uterine cancer; ovarian cancer



Postpartum use

The implant is **safe to use right after giving birth.** It can be inserted prior to leaving the hospital. It has no effect on lactation, breastfeeding/chestfeeding, or infant development.



Contact your provider if you have

- Unusually heavy bleeding
- Severe lower abdominal pain
- Allergic reaction: trouble breathing or hives
- Prolonged pain, redness, itching, pus, or bleeding at the insertion site



Questions to ask your provider

- What if I cannot feel the implant anymore?
- What if I want to stop using the implant before 3-5 years?
- How long will the bruising and numbness last?

Scan for a contraception guide and information sheets on each method.

