



Nexplanon Insertion Information Sheet

Pre-procedure:

- It can be inserted anytime during the menstrual cycle.
- If you are at risk for pregnancy and you are *not* currently using an alternative birth control method, please use condoms or abstinence for 2 weeks before insertion.
- If you are at risk for pregnancy and you are currently using an IUD or other hormonal contraceptive method (birth control pill, for example), please use condoms or abstinence for 1 week before insertion.
- Per protocol, we will ask you to give a urine sample to check for pregnancy before insertion.
- No medications before insertion are necessary. However, you can take Ibuprofen/Advil or Acetaminophen/Tylenol about 60 minutes before the procedure to reduce discomfort.

Post-procedure:

- The implant becomes an effective method of birth control one week after it is placed. You should use abstinence or condoms for the first 7 days after implant placement.
- The implant is FDA approved for 3 years, but studies show that it is usually effective for 4-5 years. Please discuss this with your provider.
- Insertion site care:
 - Bruising and swelling at the site are common in the first 24 hours after placement. Keep the dressing on for 24 hours. After 24 hours, you can remove the dressing and take a shower or bath. You can resume normal exercise the day after insertion.
 - If you experience unexplained fever or redness, warmth, excessive swelling, or drainage from or around the site, please contact us.
 - You can check the implant by pressing your fingertips over the skin where the implant was placed. You should feel a small rod. Please contact our office if you are unable to feel it.
- Side effects may include:
 - You may experience changes in your period. You may have more bleeding, less bleeding, or no bleeding, and your periods may last longer than usual.
 - Acne, weight gain, headache and/or mood changes can occur.
 - If these side effects become bothersome, please contact our office.
- Rare but important side effects to be aware of:
 - Severe pain or cramping on one side.
 - The implant is > 99% effective. However, if you are concerned for pregnancy, please contact us promptly.
 - Yellowing of the skin or eyes (jaundice).
 - Symptoms of depression.
 - Signs of a blood clot: chest pain, shortness of breath, pain or warmth in the arms or legs. Seek emergency care promptly if you have these symptoms.

For questions or concerns, please contact our office at 802-735-1252