



ALL ABOUT THE BIRTH CONTROL IMPLANT



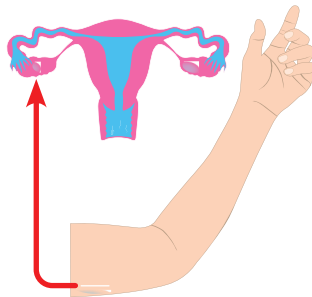
What is the birth control implant?

The birth control implant (Nexplanon®) is a small plastic tube (1.6 inches or 4 centimeters long) containing a hormone that is placed under the skin of the upper arm to keep you from getting pregnant for up to 3 years.



How does the implant work?

The implant has a hormone called etonogestrel that keeps the eggs from leaving the ovaries. It also thickens the cervical mucus at the opening of the uterus so the sperm cannot get inside.



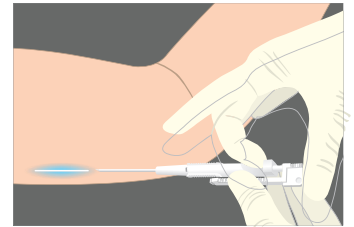
How do I get an implant?

1. Talk to your Family PACT provider to decide the best time to have it put in.
2. The specially trained clinician will put the implant under the skin of your upper arm.
3. You must go back to your provider at the end of the 3 years to have the implant removed and replaced with a new one or to switch to another birth control method.



How is the implant inserted?

1. The skin is cleaned.
2. The spot where the implant will be placed is numbed with a local anesthetic.
3. The implant is placed just under the skin using a special inserter.

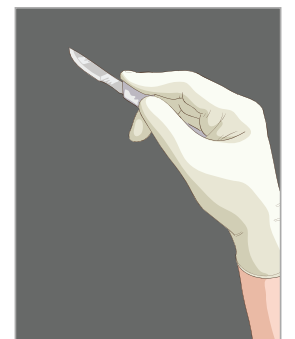


It usually takes less than 5 minutes to put the implant in place. It starts to work right away. If you get the implant after the 5th day of your period, use condoms as a back-up method of birth control for the first week.



How is the implant removed?

1. The skin is cleaned and numbed.
2. A small cut is made and the implant is taken out. If you want to keep using the implant, a new one can be put in through the same cut.



It takes less than 5 minutes to take the implant out. You will be given a card when your implant is placed to remind you when it expires. It should be replaced after 3 years because it will no longer be working as well. You can ask your provider to remove it at any time for any reason.



Are there any problems when the implant is inserted or removed?

Most people do not have problems when the implant is inserted or removed. Some people feel tugging or pressure when the implant is placed or removed. The spot where the implant is inserted may be slightly bruised or sore until it heals.

Rarely, the implant may come out. There is a small risk of infection. Very rarely, the implant is placed too deeply, and tests must be done to find it before it can be removed.



What are the side effects of the implant?

All individuals who use the implant have a change in their periods. There is no way to tell what kind of change in your period you will have until the implant is put in.

- » You may not know when your period will start.
- » You may have spotting between periods.
- » You may have longer or shorter periods.
- » You may have no bleeding at all during the time of your expected period.

Because of these menstrual changes, you should keep a pad with you. Other common side effects include headaches, mood swings, weight gain, acne, and depressive moods.



Who is not a good candidate for the implant?

The implant may not be safe for some people. Before choosing the implant, talk to your Family PACT provider about any health problems that you have. For example, tell your provider if you have had:

- » Unexplained vaginal bleeding.
- » Blood clots in your legs or lungs.
- » Breast cancer now or in the past.
- » Liver disease, like hepatitis or cirrhosis.
- » Allergies to anything in the implant or the hormone etonogestrel.

Tell your provider if you use any medications like those to prevent seizures or treat HIV infection.

The birth control implant does not protect against HIV or other sexually transmitted infections (STIs). Use condoms when you have sex to protect yourself.



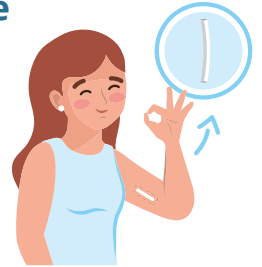
How well does the implant work?

The implant works very well to prevent pregnancy. Fewer than 1 in 100 sexually active women who use the implant for a year get pregnant with typical use.



What do people like about the implant?

- » It lasts for 3 years.
- » No need to think about birth control before having sex.
- » No pills to take every day.
- » No one can tell if you are using it.
- » Good method if you want to avoid estrogen.
- » Periods may be less painful.
- » It can be removed when you want to get pregnant with no impact on future pregnancy.



What do people dislike about the implant?

- » There may be changes in your period.
- » Side effects include headaches or acne. However, these rarely occur.
- » Only a clinician can insert and remove it.
- » You can feel the implant when you press on your arm where the implant was placed.
- » You may have a tiny scar on your arm where it was placed.