



NEXPLANON

NEXPLANON® (etonogestrel implant) is a prescription medication for the prevention of pregnancy.



NEXPLANON is a small flexible implant that is placed under the skin of the upper arm

NEXPLANON works by releasing a low steady dose of progesterone hormone to stop an egg from being released by the ovary and prevents sperm from reaching the egg. It also thins the lining of the uterus making it difficult for an egg to attach itself.

NEXPLANON is a long acting birth control option and effective for **3 years**, but it can be removed at any time.

Common side effects

- Longer or shorter bleeding with menstrual periods
- Headache
- Breast pain
- Pain or bruising at site of insertion

Less common side effects

- Weight gain, acne, mood changes

Who should not use NEXPLANON?

- Don't use NEXPLANON if you are pregnant or think you may be pregnant
- Don't use NEXPLANON if you have health conditions such as – history of blood clots, liver disease, unexplained vaginal bleeding, certain types of cancer and Lupus

Risks

- Pregnancy – Fewer than 1 out of 1000 women who use the NEXPLANON for 1 year will get pregnant.
- The risks of insertion of NEXPLANON include redness, infection, bruising, pain, swelling, scarring, incorrect placement, and/or damage to the nerve/blood vessels.



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What to expect:

- During the procedure you will lie on your back with your arm raised.
- Local anesthetic will be injected (freezing medication) to the area.
- The NEXPLANON will be inserted just beneath the skin

After the Procedure:

- You should be able to feel the implant within the arm to confirm for placement.
- The insertion site will be covered with a small bandage with a larger pressure bandage over top to minimize bruising
- The larger pressure bandage can be removed after 24 hours. Keep the small bandage on for 3 to 5 days.
- You should be using a back-up method of birth control for 7 days after the insertion of the implant.

Contact our clinic or a health care provider if you develop:

- Heavy, prolonged bleeding
- Signs of an infection at the insertion site (tenderness, redness, swelling or discharge)
- Signs or symptoms of pregnancy
- If you cannot feel the NEXPLANON

Removal

- Once removed you can get pregnant right away
- If desired, replacement can be done at the same time of removal.

Remember: NEXPLANON will not protect you against sexually transmitted and blood borne infections (STBBIs) including HIV; use condoms to lower your risk.

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