

Easy Read Information



What you need to know about the

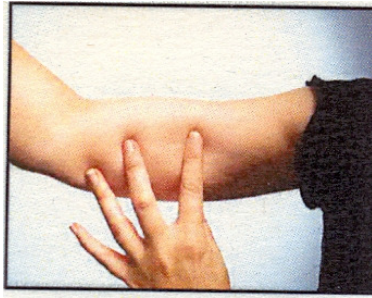
Contraceptive Implant



The implant (Nexplanon) is a contraceptive.

A woman has the implant to reduce her chances of getting pregnant.

It is a small rod that can be put under the skin of the upper arm.



The implant is placed under the skin on your inner arm above the elbow.

You might feel it but once it is in it should not be sore.



When fitting the implant the doctor or nurse will usually use a spray to numb the area.

This is stop is from hurting.



The implant can last for up to 3 years. If you want to have the implant removed you must go back to the clinic and get a doctor or nurse to remove it.

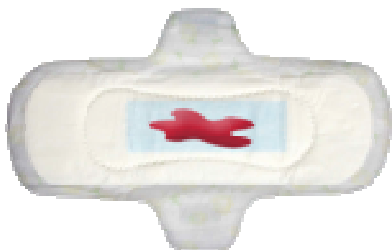
Do not remove it yourself.



The implant will not protect you from sexually transmitted infections.

Condoms will. Use a condom when having sex.

Side effects



Your periods may stop, come at different times or last longer.

If you are worried speak to your doctor or nurse.



A few women have mood changes, headaches and boob (breast) tenderness.

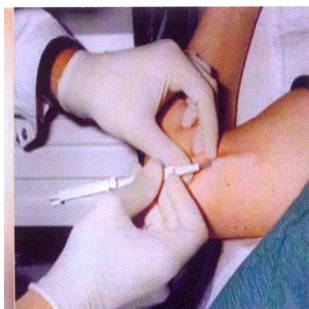
After a few months these normally stopped.



It is important to tell the doctor or nurse that you have an implant

Some medications may affect how your implant works.

When the implant is taken out



When taking the implant out the doctor or nurse will give you a small injection to numb the skin and then make a small cut.



You can get pregnant after the implant is taken out.



**4
weeks**

Your periods usually start again within the next 4 weeks.



Before you get your implant removed.

Talk to your doctor or nurse about what new contraception you want to use.



Free condoms are available from
your local Sexual Health D&G
clinic.

Advice is available from
Sexual Health D&G

If you have any questions or
would like to make an
appointment.



Please phone **0345 702 3687**

or



email:
dgsexualhealth@nhs.net