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Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

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## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](https://www.bartshealth.nhs.uk/pals)

Reference: BH/PIN/1192

Publication date: January 2023

All our patient information leaflets are reviewed every three years.

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ALL WELCOME  
ALL EAST

Patient information

# Having a Contraceptive Implant after giving birth

The contraceptive implant (Nexplanon) is a small flexible plastic rod that's placed under the skin in your upper arm by a doctor or nurse. It can be done immediately after birth and as long as done within the first 21 days after having your baby, it will immediately protect against pregnancy

It releases a hormone (progesterone) into your bloodstream to prevent pregnancy and lasts for 3 years.



## At a glance: the implant

- The implant is more than 99% effective.
- Once the implant is in place, you don't have to think about it again for 3 years.
- It can be useful for women who cannot use contraception that contains oestrogen. Discuss this with your clinician if you are unsure
- It's very useful for women who find it difficult to remember to take a pill at the same time every day.
- The implant can be taken out if you have side effects.
- You can have it removed at any time, your fertility will return to normal as soon as the implant is taken out
- When it's first put in, you may feel some bruising, tenderness or swelling around the implant. There is a small risk of infection at the insertion site.
- Your periods may become irregular, lighter, heavier, or longer.
- A common side effect is that [your periods stop \(amenorrhoea\)](#). It's not harmful, but you may want to consider this before deciding to have an implant. This is unpredictable and may last for the duration of having the implant
- Some women get problematic bleeding – if this happens, speak to your GP as it may need investigating or further treatment
- Some medicines make the implant less effective (see page 5)
- It doesn't protect against sexually transmitted infections (STIs), so you may need to use condoms as well.

## How do I make an appointment?

Online: <https://www.alleast.nhs.uk/appointments>

Phone: **0207 480 4737**

GP referral: Your GP can directly make a referral to our clinic if they are unable to assist or need a specialist input.

Always tell your doctor that you're using an implant if you're prescribed any medicine. You can also ask them whether the medicine you're taking will affect the implant.

## Risks of the implant

In rare cases, the area of skin where the implant has been fitted can become infected. If this happens, you may need antibiotics. You should also see a GP or healthcare professional at any time if:

- you cannot feel the implant
- the implant feels like it's changed shape
- you notice any changes to the skin or feel any pain at the site of the implant
- you become pregnant

If you have problems with your implant you should contact local sexual health services on the details below:

### **ALL EAST SEXUAL HEALTH SERVICES**

1. Ambrose King Centre, Royal London Hospital, Whitechapel, E1 2BB
2. Sir Ludwig Guttman Sexual Health  
Olympic Park, 40 Liberty Bridge Rd  
E20 1AS
3. Forest Road Medical Centre, 354-358, Forest Road, London E17, 5JL

## How it works

The implant steadily releases the hormone progestogen into your bloodstream, which prevents the release of an egg each month (ovulation).

It also thickens the cervical mucus, which makes it more difficult for sperm to move through the cervix and thins the lining of the womb so a fertilised egg is less likely to implant itself.

## When it starts to work after giving birth

You can have the implant fitted any time after you've given birth. If it's fitted before day 21 after the birth, you'll be immediately protected against becoming pregnant.

If it's fitted on or after day 21, you'll need to use additional contraception (such as condoms) for the next 7 days.

It's safe to use the implant while you're breastfeeding and has no effect on breastfeeding.

## How is a contraceptive implant fitted or removed?

A [local anaesthetic](#) injection is used to numb the area on the inside of your upper arm.

The implant is then inserted under your skin – it only takes a few minutes to put in and feels like having an injection. You will not need any stitches after your implant has been fitted.

Nexplanon works for 3 years before it needs to be replaced. You can use this method until you reach menopause when your monthly periods stop naturally.

The implant can be removed at any time by a specially trained

doctor or nurse. It only takes a few minutes to remove, and a local anaesthetic will be used. The doctor or nurse will make a tiny cut in your skin to gently pull the implant out.

As soon as the implant has been removed, you'll no longer be protected against pregnancy.

## Who can use the implant

Most women can be fitted with the contraceptive implant. It may not be suitable if you:

- think you might be pregnant
- don't want your periods to change
- take other medicines that may affect the implant (see page 5)
- have unexplained bleeding in between periods or after sex
- have [arterial disease](#) or a history of heart disease or [stroke](#)
- have [liver disease](#)
- have [breast cancer](#) or have had it in the past
- have a medical condition that may affect which contraception you can use – speak to your GP or practice nurse, or visit your nearest sexual health clinic to discuss further

## Advantages and disadvantages of the implant

Advantages:

- it works for 3 years
- it doesn't interrupt sex
- it's an option if you cannot use oestrogen-based contraception, such as the combined contraceptive pill, contraceptive patch, or vaginal ring. If you are unsure, please

discuss with your clinician.

- it's safe to use while you're breastfeeding
- your fertility will return to normal as soon as the implant is taken out
- it may reduce [heavy periods](#) or [period pain](#)

Disadvantages:

- you may experience temporary side effects during the first few months, like headaches, nausea, breast tenderness and mood swings
- your periods may be irregular or stop altogether
- you may get acne or your acne might get worse
- you'll need a small procedure to have it fitted and removed
- it doesn't protect you against sexually transmitted infections (STIs), so you may need to use additional contraception (such as condoms) as well

## Will other medicines affect the implant?

Some medicines can make the implant less effective, such as:

- medicines for HIV, epilepsy, and tuberculosis
- complementary remedies, such as St John's Wort
- some antibiotics, such as rifabutin or rifampicin

If you're taking any of these medicines, you'll need additional contraception (such as condoms), or you may wish to use a different method of contraception that isn't affected by your medicine.