

What is the birth control implant?

The implant, called Nexplanon®, is a thin, 2-inch plastic rod about the size of a matchstick. A health care provider places the rod under the skin on the inside of your upper arm. It works for 3 years.

How does it work?

The implant stops:

- The release of an egg from your ovary.
- Sperm from getting into your uterus.
- A fertilized egg from attaching to your uterus.

How well does the implant work?

- The implant works over 99% of the time.
- *It works better than any other birth control method.*

Why should I use the implant?

- It lasts for 3 years.
- There is nothing to remember once it is in place.
- With the implant, you can breastfeed your baby.
- The hormone dose is very low with few side effects.
- It lowers your risk of some cancers.
- It is convenient and gives you peace of mind.

How do I use the implant?

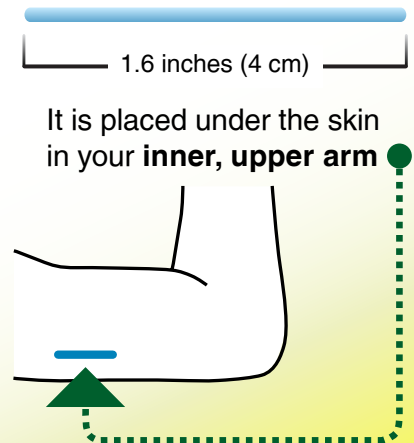
- You might need to use a backup birth control method with the implant for the first 7 days.
- The implant must be removed in 3 years, but it can be removed sooner.

What are common side effects?

Your periods will change. When the implant is removed, your periods may go back to how they were before you had the implant.

- **Most** women have off-and-on spotting.
- You may stop having periods.
- A **few** women have:
 - Mood changes,
 - Headaches.

Most side effects go away when the implant is removed.



What if I want to have the implant taken out?

- See a provider who can remove implants.
- To keep using the implant, have another one put in at the same time you have the old one removed.
- Remember to use another birth control method right away if you don't want to get pregnant.

Are there risks with the implant?

- It does not protect you from STDs or HIV. Use condoms.
- There could be pain, irritation, swelling, bruising or an infection after the implant is put into your arm.
- It might be hard to remove.



Call your health care provider if you have:

- Severe or more headaches, heavy bleeding or abdominal pain.
- Pus, bleeding, redness or pain over the implant.

Call your health care provider if you can't feel the implant under your skin.

Call 9-1-1 or go to the emergency room if you have:

- Crushing chest pain.
- Sudden vision changes.

To see if you can get free or low cost birth control in Oregon, call 2-1-1 or visit ccare.oregon.gov.

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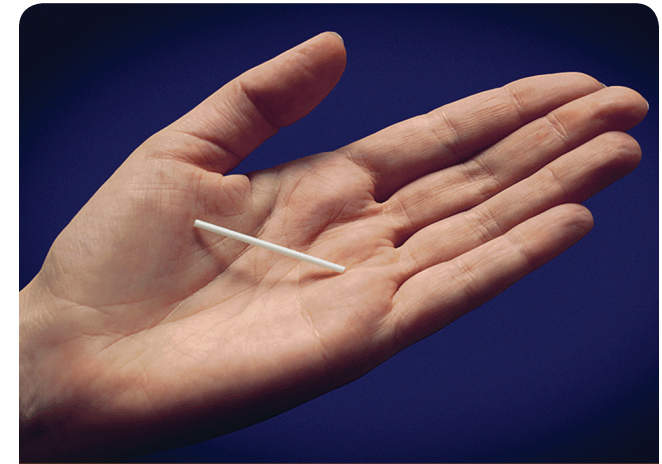
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Birth Control Implant



The implant works better than any other birth control method!

Oregon Reproductive Health Program