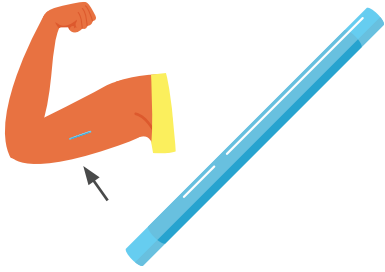


ARM IMPLANT *Implant, Nexplanon, Birth Control Implant*



HOW DOES THE IMPLANT WORK?

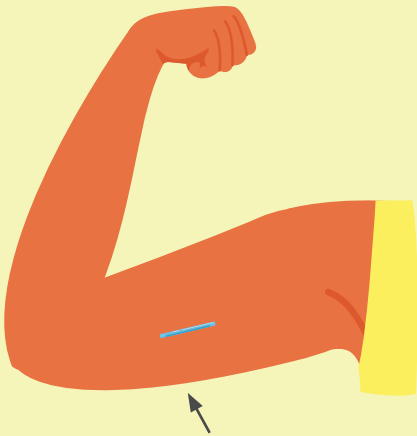
- The implant uses the **hormone progestin** to prevent ovulation (so no egg is released for sperm to fertilize) and to thicken cervical mucus (which prevents sperm from moving into the uterus).
- The implant works for people of **all weights, all ages, and those using gender affirming hormone therapy**.
- The implant is a flexible plastic rod the size of a matchstick.

HOW DO YOU USE THE IMPLANT

You must replace the implant every **5 years**.

You need to **see a provider** to start and stop using the implant.

Once you have the implant placed into your arm, there is nothing more to do to prevent pregnancy until it is time to replace it.



The implant is placed underneath the skin, into the inner side of your upper arm

INSERTION: The implant is placed **underneath the skin, into the inner side of your upper arm**, by a provider. Your arm will be numbed with an injection before the procedure starts so you will not feel pain when the implant is placed. The provider will use the implant applicator to insert it beneath the surface of your skin. Your provider will then bandage your arm. After the numbing medicine wears off, you may experience aching and bruising around the insertion site of the arm. This should go away within a few days. Once placed, you cannot see the implant, but you can feel it if you touch this area of your arm.

REMOVAL: While the implant works for 5 years, **you can have it removed at any time and for any reason**. To have it removed, see your provider. Your arm will be numbed with an injection before the procedure starts so you will not feel pain. A small incision will be made in your arm and the implant will be removed through the incision. If you would like to have another implant placed during the same visit, you can. Your arm will be bandaged. After the numbing medicine wears off, you may experience an ache in your arm at the removal site.



PRIVACY AND CONTROL

- A provider is needed to start and stop using the implant.
- Someone may be able to feel the implant if they touch your arm, but they will not be able to see it.
- If anyone else is tracking your period, they may notice a change to your period.
- Someone you live with or who you share insurance with may see a bill from your insurance. Talk to the clinic if you are concerned about someone else seeing your insurance bill - there are ways to keep this information private.



USE EMERGENCY CONTRACEPTION IF:

- You **have unprotected sex in the first week** before the implant starts working.



DOES THE IMPLANT WORK IMMEDIATELY?

When starting within **5 days of the first day of your period**, it will work immediately. If you are not sure bleeding is your period, you can use a backup method for 1 week.

When starting at **any other time**, the implant will take 1 week to work. Use an additional contraceptive during that week.



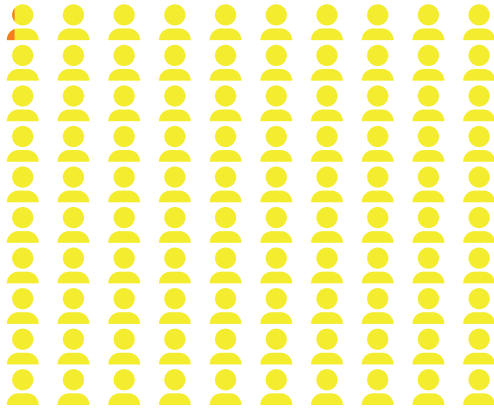
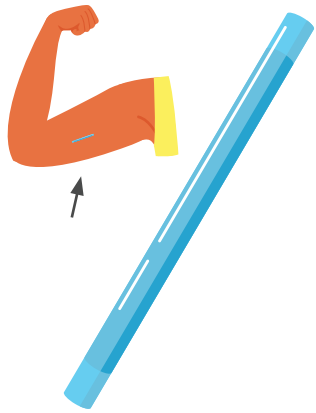
THE IMPLANT MAY NOT BE RIGHT FOR:

People who have or had:

- Breast cancer

This is not a complete list, talk to your provider about your medical history before starting this method.

HOW WELL DO IMPLANTS PREVENT PREGNANCY?



Fewer than 1 out of 100 (specifically around 1 out of 1000) people using the implant will get pregnant each year. This means it is **99.9% effective**.

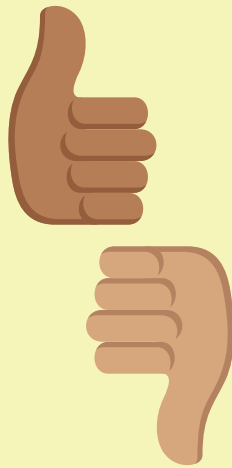
Some medications can make the implant not work as well.

There is no difference between typical and perfect use with the implant.

SIDE EFFECTS

PERIOD: Can affect.

- The implant may cause spotting between periods for many days.
- The implant may make your periods lighter.
- The implant may cause you to stop getting your period. This happens for about 22% of people. It is safe to not get your period because of the implant.



PERIOD CRAMPS: Can lessen.

WEIGHT: Might cause weight gain.

ACNE: Might worsen.

FERTILITY RETURN: When you stop using the implant, you can get pregnant right away.

OTHER POSSIBLE SIDE EFFECTS:

- Headache
- Breast, stomach, or back pain
- Nausea
- Dizziness
- Pain at the insertion site
- Reduces symptoms of PCOS and endometriosis

THE IMPLANT HELPS LOWER RISK FOR: endometrial cancer and ovarian cancer



SEXUALLY TRANSMITTED INFECTIONS

The implant does not prevent sexually transmitted infections.

- Use external or internal condoms to lower your risk of all sexually transmitted infections.



POSTPARTUM USE

The implant is **safe to use right after giving birth**. It can be inserted prior to leaving the hospital. It has no effect on lactation, breastfeeding/chestfeeding, or infant development.



QUESTIONS TO ASK YOUR PROVIDER

- What if I cannot feel the implant anymore?
- What if I want to stop using the implant before 5 years?
- How long will the bruising and numbness last?



CONTACT YOUR PROVIDER IF YOU HAVE:

- Unusually heavy bleeding
- Prolonged pain, redness, itching, pus, or bleeding at the insertion site



Clinic staff can help you find coverage for services and supplies. You may qualify for low- or no-cost birth control, and funding programs may be available.

Call 211 or visit www.211info.org



Oregon Reproductive Health Program

www.healthoregon.org/rh

adapted from PICCK.org