

## Implant - Nexplanon™

### How:

The implant is a single, small, soft rod about 2 inches long and 1/10-inch wide. It is put under the skin of the inner upper arm. It can be felt but it is not easy to see.

The implant has only one hormone. Tiny amounts of the hormone are released for 3 years. It prevents pregnancy by stopping the release of an egg and thickens cervical mucus (liquid at the uterine opening) to stop sperm from reaching the egg.

### When:

The implant can be put in with numbing medicine any time you are sure you are not pregnant. It takes only a few minutes. The implant can be removed any time and most women can release eggs soon after.

### Where:

A trained healthcare provider inserts and removes the implant during a clinic visit.

### Advantages:

You do not have to worry about taking a pill every day. The implant only needs to be replaced every three years. When you stop using it, you could get pregnant quickly. With the implant, you may have less pain or cramping during periods and less anemia.



### Disadvantages:

The implant can cause less bleeding or irregular bleeding during your period or no bleeding at all.

### Side effects:

There might be slight pain, itching or scarring in the area where the implant is put in and removed.

### Risks:

Use condoms to protect yourself and your partner from HIV/STDs. You should not use the implant if you have breast cancer now.

### Effectiveness:

Of all birth control methods, the implant works best. About 5 out of 10,000 women using the implant will get pregnant each year.