

**WHAT IS IT?**

It is a small, thin flexible arm implant that is placed under the skin of the inner non dominant upper arm by your health care provider. It provides reliable, reversible contraception for up to three years. This method of hormonal contraception is more than 99% effective in preventing pregnancy.

**HOW DOES IT WORK?**

Nexplanon contains the hormone etonogestrel. It does not contain estrogen. This implant slowly releases the hormone that stops ovulation (stops an egg from being released from your ovary). The lining of the uterus changes and the cervical mucus becomes thicker which makes it harder for sperm to enter the uterus.

**Benefits:**

The implant does not contain estrogen so it can be used in women who cannot take or have a sensitivity to estrogen. The implant is effective for up to three years. It has no negative impact on future fertility once removed

**Disadvantages:**

- The implant does not protect against sexually transmitted infections (STIs) or HIV. Condoms should be used to protect against STIs or HIV.
- Complications associated with Nexplanon are rare but may occur. Possible complications of inserting Nexplanon include redness to the area, bruising, and swelling. In rare cases, numbness, migration of the implant into the muscle or blood vessel can occur.

**Side Effects:**

- Bleeding irregularities range from amenorrhea (no periods) to prolonged bleeding. Generally, over half of the women have no bleeding or infrequent bleeding. For those who have prolonged bleeding, this generally improves during implant use.
- Emotional lability, weight increase, headache, acne and depression are all possible side effects

**You should contact your health care provider if any of the following occur:**

- You think that you are pregnant
- You experience a sudden change in menstrual periods
- You wish to have the device removed or you want to get pregnant
- You can't feel the implant in your upper arm
- Any symptoms of:
  - pin and needles in the arm, hands or fingers
  - ongoing severe arm pain
  - altered strength or movement of the arm
  - bruising, swelling or redness that is persisting or worsening