

Learning About Your Nexplanon Implant

You have chosen the **Nexplanon implant** for birth control. The Nexplanon implant is an implantable birth control that is 99.9% effective at preventing pregnancy. It works over a period of 4 years. You should have the implant removed and/or replaced after that time. It contains only one hormone, progestin that has been proven safe for women who are breastfeeding, have high blood pressure, a history of blood clots or stroke, or are smokers.

This device will be placed before you go home after delivery. You may notice some slight swelling or bruising at the insertion site after insertion. This will disappear in a few days. You will have a bandage over the site that should remain for at least 24 hours after placement. It is fine to hold your baby and use that arm immediately after the device is placed.



! Side Effects

The most common side effects from the hormonal IUD include:

- 1 Spotting or irregular bleeding: The bleeding is generally light but can get heavy or last for an extended period of time. Often the bleeding will lessen and may eventually stop. Although not harmful, if the bleeding is bothersome to you, contact your health care provider because there are treatments she/he can suggest to reduce the bleeding.
- 2 Not having a period



A hormonal IUD is safe for women who breastfeed. It could decrease your milk production and supply. You should talk about this with your health care provider prior to placement, especially if your goal is to exclusively breastfeed.



Call your healthcare provider

if you are having any of the following signs or symptoms:

- Pain or numbness in your arm that the implant was placed in that does not go away
- If you feel as though you may be pregnant
- If you can no longer feel your implant
- Difficulty with breastfeeding or low milk supply.



Go immediately to the emergency room (ER)

if you are having any of the following signs or symptoms:

- Severe chest pain
- Shortness of breath
- Swelling of the face, tongue or throat
- Slurred speech, weakness in arms or legs
- Sudden severe headache with blurred vision



Let your healthcare provider know

if you are taking medication for seizures such as:

- phenytoin
- barbituates
- topiramate
- carbamazepine
- primidone
- oxcarbazepine

These may lower the effectiveness of Nexplanon.

If you would like to have the device removed, contact your OB doctor, local Health Department or other Family Planning Clinic to speak with someone about removal. You can also go to www.nodrama.org to find a facility that can help you with removal.



SCHOOL OF MEDICINE
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Infant Health

Discharge Instructions for Your Nexplanon Implant

The **Nexplanon implant** is an implantable birth control that is 99.9% effective at preventing pregnancy. It works over a period of 4 years, after which you should have the implant removed and/or replaced. It contains only one hormone, progestin that has been proven safe for women who are breastfeeding, have high blood pressure, a history of blood clots or stroke, or are smokers.

You may notice some slight swelling or bruising at the insertion site after it has been placed. This should disappear in a few days. You will have a bandage over the site that should remain for at least 24 hours after placement. It is fine to hold your baby and use that arm immediately after the device is placed.



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