

Remember, the implant **does not protect you from Sexually Transmitted Infections or HIV.**

Always use condoms to protect yourself!



### HOW DOES THE IMPLANT WORK?

- The progestin implant is a thin plastic tube about the size of a paper matchstick. A health care provider inserts it under the skin of your upper arm.
- The implant releases progestin, a hormone like the ones your body makes. It works by making the mucus in your cervix too thick for sperm to pass through. If sperm cannot reach the egg, you cannot get pregnant.
- Each implant lasts up to 5 years.
- No method of birth control is 100% effective. The implant is over 99% effective.

### HOW DO I USE THE IMPLANT?

- After numbing your skin, a health care provider inserts the implant under the skin of your upper arm. This takes a few minutes. It is done in the office or clinic.
- You should keep the wound clean and dry for at least 24 hours after you had the implant inserted.
- You should **use condoms as back-up during the first 7 days** after you get the implant.

### HOW DOES THE IMPLANT HELP ME?

- The implant is safe and effective birth control. Once you have it, it works on its own – you don't have to do anything.
- You can use the implant while breastfeeding.
- You can use one implant for 5 years. If you want to use it longer, you can get a new implant after 5 years. If you don't like it or you decide to get pregnant, your health care provider can remove the implant before 5 years have passed.

### HOW WILL I FEEL USING THE IMPLANT?

- The implant causes periods to change. **Most** people have off-and-on spotting. Spotting may last until you have the implant removed. This is normal.
- A **few** people have: mood changes, weight gain, headache, acne, and/or skin changes in the upper arm.
- Most side effects go away when you have the implant removed.

### CAN PEOPLE SEE THE IMPLANT IN MY ARM?

- Most implants cannot be seen, but you can feel it if you touch the skin over the implant.

### DOES THE IMPLANT HAVE RISKS?

- The implant is very safe.
- If you have any of the following symptoms **within the first week** after insertion, see your health care provider:
  - Redness, warmth, or drainage from your arm
  - Fever (>101°F)
- If you have any of the following symptoms **at any time** while you have the implant, see your health care provider:
  - Feeling pregnant (breast pain, nausea)
  - Positive home pregnancy test

