

XXXXXX Health Center

Address

Phone:

Nexplanon (progestin implant) take-home sheet

- The implant starts working in 7 days to prevent pregnancy.
- You should use a back-up method for the first 7 days after implant placement unless your period started less than 5 days ago. If your period started less than 5 days ago, the implant starts working right away, and you do not need a backup method.
- The implant can remain under your skin for 5 years.
- Removal date: _____ (5 years from today)

Things to know:

- Common side effects include: **Irregular** bleeding. Your periods may change. You may have more bleeding, less bleeding, or no bleeding, and periods may last longer than usual.
- Bruising and swelling at site are common in the first 24 hours. Keep the dressing on for 24 hours. After 24 hours, you can remove the dressing and take a shower or bath.
- You can check the implant by pressing your fingertips over the skin where the implant was inserted. You should feel a small rod. If you do not feel your implant, call your clinician.

You may return to school or work after your visit.

The implant does **NOT** protect against sexually transmitted infections (STIs). You should use latex condoms and/or dental dams to prevent STIs. Most people should get tested for STIs once a year.

Warning Signs:

Within First Week

- Redness, warmth, or drainage from insertion site
- Fever (>101 degrees)

At Any Time

- Feeling pregnant (breast pain, nausea)
- Positive home pregnancy test

If you develop any of the above warning signs you should be seen by a clinician. You can call us at **XXX-XXX-XXX**, or go to your usual clinician.