

XXXXXX Health Center

Address

Phone:

Progestin Implant (Nexplanon) Take-Home Sheet

- The implant begins working in 7 days to prevent pregnancy.
- 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 works for up to 5 years.
- Remove by date: _____ (5 years from today)

Today you may go back to school or work after your visit.

Things to know:

- The implant causes periods to change. Most people have frequent spotting that is hard to predict. You may have longer or shorter bleeding during your periods, or have no bleeding at all. This is normal.
- Tenderness, bruising, and swelling on the skin around where the implant was inserted are common for the first few days. 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 gently 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.

The implant does **NOT** protect you against sexually transmitted infections (STIs). If you are looking for protection from STIs, you can use an external condom, internal condom, or dental dam.

Warning Signs:

Within the first week of insertion:

- Redness, warmth, or drainage from insertion site
- Fever ($>101^{\circ}\text{F}$)

At any time (these are very rare):

- Feeling pregnant (breast/chest tenderness, nausea, vomiting)
- Positive home pregnancy test

If you develop any of the above warning signs, you can call this clinic at XXX-XXX-XXX, or see your usual clinician.