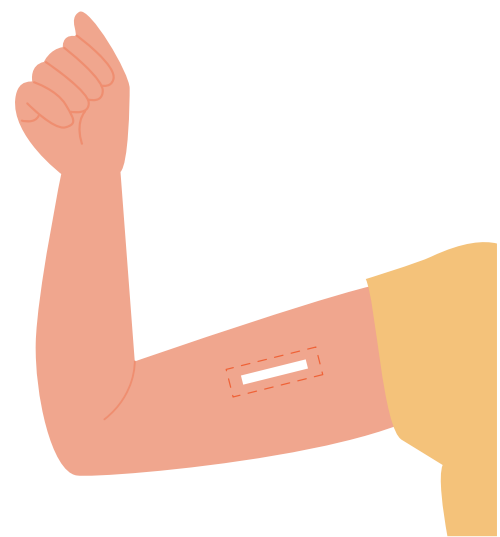
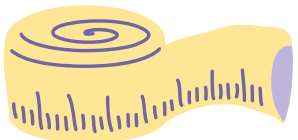




What to expect: NEXPLANON (IMPLANT) INSERTION

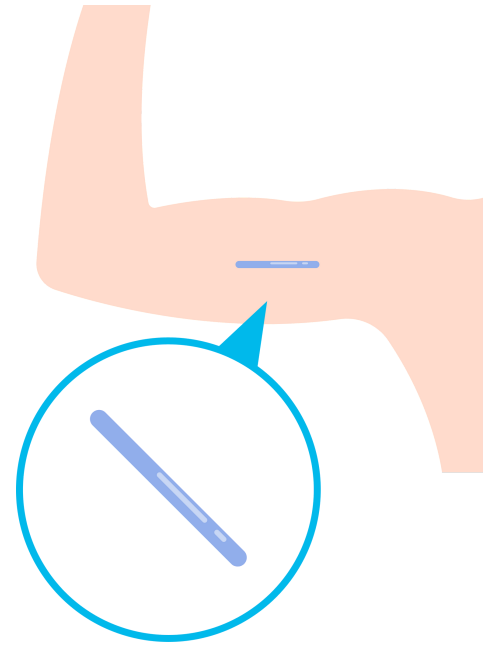
WHAT HAPPENS?

1. Your healthcare provider will position you on the examination table so you are comfortable and your non-dominant arm is accessible
2. Your physician will measure and make a mark indicating where the Nexplanon device should be inserted
3. The physician will then clean the area with an alcohol wipe and a small needle with a numbing agent will be used to numb the area of the arm where the implant will be inserted.
4. Once the area has been numbed your physician will insert the needle located on the Nexplanon implantation device under the skin and slide it into the arm to release the small contraceptive device
5. You may feel some pressure while the device is being inserted into the arm but there shouldn't be any painful sensation
6. You may experience some bleeding after at the site of insertion, using bandaids and applying pressure will help



WHY ITS DONE?

A Nexplanon/implant insertion is done as a form of contraceptive when determined as the most appropriate choice by the patient and physician.



HOW DO I GET READY?

Prior to insertion, your physician will go over your relevant health history and a screening for STIs may be performed.



WHAT IS IT?

The implant is a small, flexible matchstick-sized plastic rod that contains a hormone called etonogestrel, a type of progestin. It can be kept in for 3 years and must be removed and replaced by a health care provider.



HOW DOES IT WORK?

Nexplanon prevents pregnancy by preventing the release of the egg from the ovary, it works to thicken the cervical mucus preventing sperm from entering the uterus, as well it changes the uterine lining making it non-ideal for egg implantation

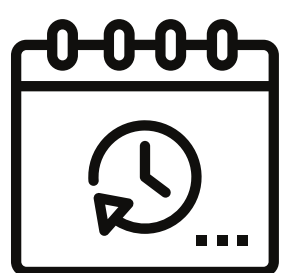
WHAT ARE THE RISKS?

Like any procedure, there can be complications with the insertion or removal of the device, if you cannot feel the device in your arm you should contact your healthcare provider immediately. Other potential risks following removal or insertion can include; pain and irritation at the site, scarring, infection, and rarely injury to nerves or blood vessels.



WHAT HAPPENS AFTER?

After the Nexplanon insertion, you should be able to feel the implant in your arm. You may experience potential changes in menstrual cycle, mood, body weight, skin and other side effects. A follow-up appointment should be booked a few months following insertion to ensure it is working properly and that the patient has no concerns.



HOW LONG DOES THE PROCEDURE TAKE?

The Nexplanon insertion is generally a quick procedure, taking around 10 minutes. Additional time may be required for STI checks or pregnancy tests before insertion.

