

DR T FOX & PARTNERS CONTRACEPTIVE IMPLANT

Advice before the fitting or removal of
contraceptive implant (nexplanon device).

This information is intended for women
who are planning to have an implant fitted
or removed in our contraception clinic.
Please read this information carefully, as it
helps to ensure your fitting is as safe and
comfortable as possible.

At Colton Mill and The Grange Medical Centre we offer all methods of prescribed contraception and Long-acting reversible contraception (LARC) methods such as depo contraceptive injection, the implant and the Coil (intrauterine methods also known as IUS and the IUD).

Clinical Team who specialise in Contraception and Sexual Health:

Our clinical team have an excellent knowledge around contraception and you can discuss your choices with any of them. We have some GP's and Nurses who have completed additional training to deliver these services who work in the implant and coil fitting clinics.

- Dr Barrett is our Lead GP for Contraceptive Clinics and it's a trained coil / implant fitter.
- Dr Fox and Dr Kay have also specialised in contraception and are coil / implant fitters.
- Dr Oakhill is currently training to be a coil / Implant fitter to extend our team to offer a wider service

Our Nursing Team support the clinics
Please book for a routine appointment with one of the GP's to discuss your contraceptive choices. If you wish to have a coil or implant fitted, you will then be referred into our Contraceptive Clinic.



We must be certain that you are not pregnant at the time your device is inserted.

We must be able to exclude any risk that you are pregnant at the time that your implant is fitted. You will be asked to continue regular and effective contraception until your clinic appointment. If you are having a new implant inserted (rather than a replacement of a device that has been in place for up to 3 years) you will be asked to continue your prior contraception for 7 days after the fitting.

If you are using condoms as your regular contraception, please abstain from sexual intercourse from the time of your period until 7 days after your new device is fitted. Alternatively you can book the implant fit to be during the first 5 days of your period.

If you have been using the contraception injection prior to your fitting, the implant should be fitted when your next injection is due, or up to 14 weeks from the date of your last injection.

Before your implant is fitted:

The doctor or nurse who put you onto the clinic waiting list should have discussed your choice with you and signposted you to written information about your chosen method. Please read this carefully.

As with any medical procedure it is important that you provide fully informed consent. This involves being aware of any potential side effects from your device, or risks associated with the insertion or removal procedure.

The most important risks and side effects that you must be aware of include:

- You are likely to experience a change in your bleeding pattern when your device is inserted, and some women will stop having periods. Bleeding patterns may remain irregular. Acne may worsen (or improve) for some women. There is not sufficient evidence to confirm or exclude a link to weight gain, headaches, or mood changes.
- Insertion of the device is a small surgical procedure and may cause some discomfort and bruising. There is a small risk of skin infection at the time of insertion. The procedure can rarely (less than 1 in 100 women) cause problems such as an abscess or scarring of the skin.
- There is a small risk (less than 1 in 100 women) of migration of the implant- where the device moves from the intended location. There have been rare cases of the device moving to blood vessels or the chest wall.

On the day of your appointment:

Please allow 30 minutes for your appointment. Although the procedure does not take long, there will be time at the beginning to talk through the consent form and answer any outstanding questions you may have.

The nurse will take your blood pressure and pulse, and ask your current weight. This is standard procedure and for monitoring purposes.

It is helpful if you wear a short sleeved top at the time of fitting.

The first stage of the procedure is to numb the skin for insertion or removal of your device. This may cause some stinging discomfort. Following this you will feel pressure from the procedure, but it will not be painful.

The clinician who inserts the device will ask you to feel where it is in your arm. This is so that you are certain it is in position, and you are confident you can monitor that it remains correctly sited in your arm.

After your implant insertion:

The nurse will give you a reminder card to keep and help you to remember when the device will expire. The contraception implant is effective for 3 years. Although we have a recall system in place, it is your responsibility to ensure the device is replaced as advised.

If you experience any adverse side effects, such as a problem with your bleeding pattern, please speak to a doctor. Often these symptoms settle with time, and we may be able to help manage this in the interim.

Get used to feeling the device in your arm at regular intervals. If at any stage it cannot be felt, use an alternative form of contraception, and discuss with one of the doctors at the surgery.

After your implant is removed:

Your fertility will return to normal immediately. Unless you are planning to conceive, ensure you have planned a reliable alternative method of contraception.

**WE VALUE YOUR
FEEDBACK**

Please send us your feedback by completing the online patient feedback questionnaire:

<https://www.coltonmill-thegrange.nhs.uk/edit/contraception-clinics>

