



NEXPLANON

PLEASE READ THIS INFORMATION CAREFULLY

What is a Nexplanon?

A Nexplanon is a contraceptive implant.

It is a small, soft, flexible plastic rod.

It measures 4cm in length.

It is inserted just under the skin of your upper arm.

A small amount of hormone is continuously released into the bloodstream.

How does Nexplanon work?

- It prevents the release of an egg from the ovaries.
- It causes changes in the cervix that makes it difficult for sperm to enter the womb.

Thus, Nexplanon protects you against pregnancy for 3 years.

RISKS WHEN USING NEXPLANON

SERIOUS-

- **CANCER-** Breast cancer has been found slightly more often in women using oral combined pills, but this is not known whether this is caused by the treatment. For example, it may be that tumors are found more in women on combined pills because they are examined more often. It is not known if these observations are also applicable to women using a different hormonal contraceptive such as implants, containing only progesterone.
- **THROMBOSIS/ CLOTS-** using any combined hormonal contraceptive increases a woman's risk of developing clots in the veins (leg clot, lung clot) or the arteries (heart attack, stroke). The risk is not as high as developing a clot during pregnancy. The risk with progesterone only methods, like the implant, is believed to be lower than in women using oestrogen pills.

OTHER CONDITIONS-

- **MENSTRUAL BLEEDING PATTERN CHANGES-** like with other progesterone only contraceptives, your menstrual bleeding pattern may change with Nexplanon. You may experience a change in the frequency – absent, less frequent, more frequent or continuous. The intensity – reduced or increased or in duration the bleeding pattern you experience in the first 3 months generally indicates your future bleeding patterns.
A changing bleeding pattern does not mean Nexplanon doesn't suit you or its effectiveness against pregnancy is reduced. In general, you do not need to take any action. Consult with your doctor if bleeding is heavy or prolonged.
- **INSERTION AND REMOVAL RELATED EVENTS-** the implant may migrate from the original site in the arm. In very rare event implants have been found in the blood vessels of the arm. In cases where the implant has migrated it may be more difficult to remove, requiring a larger incision or surgical removal in hospital.
- **PSYCHIATRIC DISORDERS-** some women report depression or depressed mood. This can lead to suicidal thoughts. If your mood changes, please contact your doctor for medical advice.
- **OVARIAN CYSTS-** during use of low dose hormonal contraceptives, small fluid filled sacs may develop in the ovaries. They usually disappear on their own. They may cause mild abdominal pain. Only rarely will lead to serious problems.
- **BROKEN OR BENT IMPLANTS-**if the implant breaks or bends in your arm, the effectiveness should not be affected.

OTHER MEDICATIONS THAT MAY REDUCE EFFECTIVENESS OF NEXPLANON

- **EPILEPSY MEDS-** Phenytoin, Primidone, Barbiturates, Carbamazepine, Oxcarbazepine, Topirimate, Felbamate.
- **TUBERCULOSIS MEDS-** Rifampicin.
- **HIV MEDS-**Ritonavir, Nelfinavir, Nevirapine, Efavirenz.
- **HEPATITIS C MEDS-** Boceprevir, Telaprevir.
- **OTHER INFECTIOUS DISEASES MEDS-** Griseofluvin.
- **PULMONARY HYPERTENSION MEDS-** Bosentan.
- **HERBAL/ OTC-** St John's Wort.

PREGNANCY AND BREAST FEEDING

- **DO NOT** use if you are pregnant, or think you may be.
- Nexplanon may be used while breastfeeding.

REMOVAL OF NEXPLANON

- Your implant will provide contraceptive cover for three years. It can be replaced shortly before three years and contraceptive cover will be continuous.
- You can ask your healthcare provider to remove the implant at any time you want.
- If the implant cannot be located, you will be referred to a specialist who will locate with ultrasound guidance and remove.
- If you stop Nexplanon because you wish to get pregnant, it is recommended you wait until you have a natural period before trying to conceive, this helps to work out when the baby will be due.

WHEN SHOULD YOU CONTACT YOUR DOCTOR

- Possible signs of thrombosis/ clot- severe pain or swelling in either of your legs, unexplained chest pain, breathlessness, an unusual cough or coughing up blood.
- If you have sudden and severe stomach ache or look jaundiced.
- You feel a lump in your breast.
- You have sudden or severe pains in your lower abdomen.
- You have unusual and heavy vaginal bleeding.
- You are to be immobilized or are to have surgery (please consult your doctor 4 weeks in advance).
- You suspect you may be pregnant.
- The implant is not felt after insertion or at any time.

