**Queens Road Medical Practice – Contraceptive Implant (Nexplanon)**

You have been given this information sheet and consent form because you are considering having the contraceptive implant (Nexplanon) inserted. If you have any questions at all, please discuss these with the doctor or their PA. The procedure can be carried out Dr Yates or Dr du Plessis at Queens Road (Tel: 724184) or at Le Longfrie Surgery (Tel: 264185). The appointment will last approximately 30 minutes with the doctor and a nurse.

The implant is a very effective reversible method of contraception. Nexplanon is a small, soft, flexible, plastic rod which contains a form of progesterone hormone. It also contains a small amount of Barium, a material that allows the implant to be identified easily on x-ray. As with any invasive procedure, there are risks involved which you need to be aware of before you decide to go ahead with the fitting, and information which is important for you to understand.

**Advantages:**

* The implant can remain in place for 3 years before its contraceptive effect wears off.
* You do not need to remember to take pills or change patches, and it is effective even if you need antibiotics, are on other medication or have diarrhoea or vomiting.
* If you decide you wish to become pregnant or do not like the implant, it is removed very simply in the surgery and your fertility will return to its previous level immediately. You do not need to use extra precautions (such as condoms) to prevent pregnancy, as long as the implant is replaced within the 3-year period, or an alternative method is used straight after removal.
* It is suitable for use by the majority of women at any time in their reproductive life.
* There is no current evidence linking the implant with weight change, mood changes, headaches or loss of libido.

**Timing:**

* The best time to fit the implant is between day 1-5 of your menstrual cycle (i.e. the day you start your period and up to four days afterwards). This ensures that the contraceptive effect begins immediately.
* Occasionally, if it is fitted after 5 days from the start of the last period, a negative pregnancy test must be demonstrated unless you have not had unprotected sexual intercourse since your last normal period. You will need to use additional contraception (such as condoms) for 7 days after the implant is inserted.
* The procedure can be performed at any time during the day, but many women find that later on in the day is preferable so that they can go home and take it easy afterwards.

**Points to remember:**

* The charge for fitting will be a minor operation charge plus a nurse and doctor consultation charge (unless you are having it fitted on the under 21 free contraception service). The Doctor will discuss the cost of the implant with you.
* If you wish, you can take some Ibuprofen or Paracetamol before you come to your fitting appointment provided you have not had any problems with these medicines previously. They are easily and cheaply available without prescription.
* You can drive yourself home from the appointment provided you feel well enough; most people do.
* You are entitled to a chaperone or a friend to accompany you during this procedure. The Practice is happy to provide chaperones from among its members of staff but would appreciate receiving as much notice as possible. Members of staff providing this service are bound by strict rules of confidentiality. No additional charge will be levied by the Practice for providing a chaperone.

**Risks and disadvantages:**

Whilst the risks of having an implant fitted are very small and the chances of an adverse event are very unlikely, it is important that you are aware of them.

* The procedure itself can be uncomfortable. The anaesthetic used can sting a little for a short time. This numbs the skin before the implant is inserted. You may also have a very small scar at the insertion and removal sites. This will fade over time.
* Acne may occur or be worsened by the implant. However, acne can also improve in some women.
* It is unlikely that you would become pregnant with the implant in place. If you think you might be pregnant, please tell your doctor as soon as possible so that the implant can be removed.
* It is quite common to have irregular spotting or bleeding from the vagina for a while after the implant is fitted, but usually this will settle down completely within 3 months. However, it can take longer than this. It is worth persevering for at least a few months, as it often settles. The bleeding is usually lighter than a period and reduces with time. 50% of women will have infrequent, frequent or prolonged bleeding; 20% of women will stop having periods.
* Very rarely, the implant can move from the original insertion site, which might make it more difficult to feel. In this case, an x-ray or ultrasound can be arranged to confirm the position of the implant.
* Rarely, it can be difficult to remove the implant if it is sited deeper under the skin. In this case, an ultrasound scan will be requested and it may be necessary to refer you to a specialist to remove the implant. You will need to use extra precautions (such as condoms) until the implant is removed or replaced, or until you have started an alternative form of contraception.
* It is important that you tell your doctor if you cannot feel the implant, it appears to have changed shape, or if there is any redness or pain around the insertion site. The doctor will assess and provide treatment if there are any signs of infection.

**If you are happy that you understand the procedure and have no further questions, please sign this form in the space provided below and bring it with you to your appointment.**

Name:................................................................................................. Date of Birth:.......................................

I fully understand the information given above and overleaf and accept the risks as explained. I consent to having the contraceptive implant fitted.

Signed:..................................................................................................Date:....................................................

**For use by doctor:**

Device B/N:............................................................................................Expiry:.................................................

Date inserted:.........................................................................................Date due for change:..........................

Signed: ..................................................................................................Doctor:................................................