**Advice before a contraceptive implant (Nexplanon) fitting**

**Before your appointment**

It is very important that there is no chance of you being pregnant at the time the implant is inserted.

The implant takes 7 days to work, so you will need to abstain or use an additional form of contraception for a week after your implant is fitted.

Please use a reliable method of contraception, or do not have sex from your last period, until the fitting. If you have had unprotected sex in the 3 weeks before fitting, we will not be able to go ahead and fit your implant at this visit.

If you are using condoms, please do so very carefully. If you have ANY unprotected intercourse in the 3 weeks before your insertion, we will not be able to fit your implant at this visit.

If you are taking the pill, continue to take it as instructed up until the day of fitting and for at least a week after.

If you already have an implant in place, and we are removing it and inserting a new device, please abstain from sex or use a condom reliably in the 7 days before the appointment.

If you have had a contraceptive injection, you will need to have your implant inserted before the injection runs out (14 weeks since the last injection) or abstain from sex or use an alternative method of contraception.

If you already have a coil in place, we would prefer to fit the implant before removing the coil. The coil can then be removed after 7 days. It is quite safe to have both methods running together.

If you are unsure about this information, please make a telephone appointment to discuss this with Dr Yates or Dr Du Plessis.

**During your appointment**

Please allow at least 30 minutes for the appointment. You are welcome to bring a friend/partner with you but please be aware that you will be asked some personal questions.

The procedure will be explained to you prior to the implant insertion and you will be asked to sign a consent form. There will be time for any questions you may have.

Please wear a top with short sleeves.

You will be asked to lie down on the couch and you will be given pain relief either in the form of a local anaesthetic injection or cold numbing spray on the surface of the skin.

The implant is then injected just under the skin of the inner side of your upper arm.

You will be asked to feel the implant once it has been inserted so that you know where it is.

You will have a very small wound on your skin at the point where the implant was inserted. This will be covered with a dressing that you need to leave on for 3-4 days. You will be left with a very small scar.

Your arm may be bruised, have some swelling and feel sore after the insertion but it won’t prevent you from doing anything after your appointment. You should avoid lifting anything very heavy until the wound has healed.

The implant takes 7 days to become effective, so we recommend you continue with alternative contraception for the first 7 days after it has been inserted. For example, use condoms, or if on the pill, take a further 7 pills after the insertion, and then stop.

**You may find it helpful to watch a short video about the implant insertion procedure before you attend the appointment. A link to this can be found on the Queens Road Medical Practice website under ‘Women’s Health’.**