

What is Implanon?

The matchstick-sized rod is a type of birth control made of flexible plastic that is inserted under the skin. It contains a hormone called *etonogestrel*.

How is it inserted?

The rod is inserted under your skin on the inside of your upper arm in the doctor's office. The insertion lasts about 2-5 minutes. Local anesthesia is used to make the upper arm numb for insertion.



How does it work?

After Implanon is placed in your arm, the rod slowly releases the hormone into your body over 3 years.

It works by:

- ⊗ Stopping eggs from leaving the ovaries.
- ⊗ Making the fluid around the cervix thick, helping to keep sperm out.
- ⊗ Making the lining of the uterus thinner, keeping an egg from attaching in the uterus.

How well does it work?

The implant is more than 99% effective in preventing pregnancy.

What are the *advantages* of Implanon?

- ⊗ You don't have to think about your birth control - it lasts for 3 years.
- ⊗ If you want to stop using it, it can be removed at any time.
- ⊗ Discreet. Most women can't see the rod after insertion - only you and your doctor will know it is there. You should be able to feel the rod after the area has healed.

What are the *disadvantages* of Implanon?

The implant can have side effects:

- ⊗ Irregular bleeding
- ⊗ Heavy and/or longer periods
- ⊗ Periods that are lighter and occur less often
- ⊗ No periods at all
- ⊗ No protection from HIV or STIs. Use a condom to help protect against STIs.
- ⊗ Minor pain, irritation, swelling, or bruising may be felt up to 1 week after insertion. Potential scarring or infection after insertion occur in less than 1% of patients.

What about serious side effects?

Serious problems are rare, but can occur. If someone gets pregnant while using Implanon – which is rare – there is a risk for ectopic (tubal) pregnancy or a pregnancy occurring outside of the uterus.

Blood clots are a side effect of other hormonal birth control methods. It is not known if the rod increases that risk. The risk for blood clots increases in women who smoke.

Don't Smoke!

Smoking increases your chances of serious side effects.

How can I get Implanon?

A woman needs to meet with a medical provider. The appointment will include a medical history and may include a pelvic exam and pap smear. It is important to make sure the woman is not pregnant before inserting the rod.

Remember...

- ⊗ Some medications interact with hormonal birth control so tell your health care provider that you have Implanon.
- ⊗ Timing is important: the rod is inserted during the first few days of your period, or at a time when it is certain a woman is not pregnant.
- ⊗ Back-up birth control - like a condoms - are needed during the 7 days after insertion.
- ⊗ The insertion site will be covered with two bandages. Leave the top bandage on for 24 hours and the bottom bandage for 3 to 5 days.
- ⊗ Implanon does NOT offer protection from sexually transmitted infections (STIs). Only condoms help reduce the risk of STIs.

FREQUENTLY ASKED QUESTIONS

Will Implanon make me fat?

No, the rod is not expected to cause changes in weight. A healthy diet and regular exercise will help maintain your ideal weight.

Is it ok to leave Implanon in for 3 years?

Yes, the rod is made of a medical material that can be left in your body for up to 3 years. It must be removed by the end of the third year and can be replaced by a new rod if the patient chooses.

If someone wants to get Implanon taken out earlier, they can meet with a health care provider to get it taken out.

Will I feel Implanon being inserted?

Some women may feel a pinch, similar to a shot or injection, when the rod is inserted. After the insertion, you might feel mild soreness or tenderness at the site. It shouldn't last more than a day or two and shouldn't interfere with your activities. If your symptoms don't improve in a day or two, call your health care provider.

How is Implanon removed?

During the removal, your doctor will numb the area with anesthesia and make a small incision (cut) in the upper arm. Some minor soreness might occur at removal.

Will the insertion or removal leave a mark?

There is a slight risk you will get a scar from the insertion or removal of Implanon. Women with a history of thick, raised scars or keloids should tell their doctor. Women with this condition are more likely to scar.

How will my bleeding change?

Expect your periods to be irregular and unpredictable throughout the time you have Implanon. You might have more bleeding, less bleeding or no bleeding. The time between periods may vary. In between periods, you may have spotting.

Do I need my parents' permission to get birth control at the Annex?

No. Even if you're under the age of 18 you do NOT need your parents' permission to get confidential services at the Annex. This right is protected by the Minors' Consent Law.



This brochure offers you basic facts about Implanon. There is more information to consider before choosing a birth control method.

We encourage you to come to a free birth control class at the Annex Teen Clinic - we discuss and demonstrate each method and answer all of your questions. Call us for class times. Partners are always welcome.

Call us if you have questions or to make an appointment. We are here to support you!

Implanon®

Single rod contraceptive implant



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