Facts About: Long-Acting Reversible Contraception (LARC): Implant



What is the Implant?

The birth control Implant is a single flexible rod about the size of a matchstick that is inserted under the skin in the upper arm. It releases hormones into the body. It can be used for up to 5 years.

Available Brand: Nexplanon

How well does the implant work?

The implant is one of the most effective forms of reversible birth control available. The implant is 99% effective in preventing pregnancy. Over the long term, the implant method is more effective than birth control pills, the patch or the ring.

Why is the implant a good choice for me?

- No one can tell that you are using birth control and it does not interfere with sex or daily activities.
- It can be inserted immediately after a miscarriage, childbirth and while breastfeeding or after pregnancy has been ruled out.
- All women, including adolescents, can get an implant, even if they have never had children.
- If you wish to become pregnant or if you want to stop using it, you can have the implant removed.
- The hormonal implant may help to decrease menstrual pain and heavy menstrual bleeding.

How is the implant inserted?

A doctor or nurse practitioner inserts the implant into your upper arm. First, a small area on your upper arm is numbed with a local anesthetic. It only takes a few minutes for your doctor or nurse practitioner to place the implant under the skin with a special inserter. There is no incision when the implant is inserted. An incision is made when the implant is removed.

Will I have any problems if I use an Implant?

Most women do not have many problems using an implant. You may have some spotting or irregular bleeding, headaches, nausea, breast tenderness, depression or mood changes, or acne. If you have questions or concerns about any symptoms, contact your doctor or the clinic.

Smoking increases your risk of serious side effects. Women who use birth control methods with hormones should not smoke. This includes electronic cigarettes.

Remember:

The implant does not protect you from STIs (sexually transmitted infections) or HIV (human immunodeficiency virus) that you can get when you have sex. To protect yourself, use a latex or vinyl condom every time you have oral, vaginal, or anal sex.

Back-up contraception may be needed for the hormonal birth control implant, depending on the time of insertion.

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