

Instructions for users of contraceptive implants

A contraceptive implant steadily releases progestin into the bloodstream, preventing ovulation in the ovaries and also causing changes in cervical mucus, making it difficult for sperm to enter the uterus. The implant is made of plastic insoluble in the body and can be located using X-ray imaging when necessary.

At the beginning of a new sexual relationship, both parties need to take tests for sexually transmitted diseases before giving up the use of condoms.

Inserting the implant

After insertion, make sure you can feel the implant under the skin. You can remove the pressure bandage and gauze pad after one day and the tapes after 3–5 days. After the insertion of the implant, there may occur local bruising, pain, swelling, itching, or numbness. In rare cases, the insertion point may become infected, in which case you need to contact health care. Ejection or movement of the implant is possible, but highly unlikely. If you suspect that the implant is missing, start using condoms as additional contraception and contact health care.

Removing the implant

You need to remember to have the implant removed in due time. The contraceptive effect of Nexplanon lasts for three years and that of Jadelle, for five years. In connection with the removal, you can have a new implant inserted at the same time.

Benefits

The implant may reduce the amount of menstrual bleeding, shorten the duration of periods and relieve period pain. It is also possible that menstrual bleeding stops altogether, which is not harmful to health in any way. The possibility of pregnancy should be ruled out once by means of a pregnancy test if menstruation stops altogether. Progestins have not been shown to increase the risk of venous or arterial thrombosis.

Side effects

The occurrence of side effects is individual and for the majority of users there are none at all or they are mild. The most common side effects are irregular spotting, breast tenderness, headaches, oily skin and mood changes. It is usual that the initial symptoms subside during the first months of use, but spotting may occur for a longer time. Irregular vaginal bleeding is not a sign of the contraceptive effect of the implant becoming weaker. You should continue using the device for at least three months.

Product chosen: _____

Date the implant was inserted: _____

Date the implant has to be removed or changed by: _____

Arm: RIGHT / LEFT