

Birth Control Implant (Nexplanon)

What is Nexplanon?

Nexplanon is a hormone-releasing birth control implant for use by women to prevent pregnancy for up to 3 years. The implant is a small and flexible plastic rod, about the size of a matchstick. It contains a progestin hormone called etonogestrel, it does not contain estrogen. A healthcare provider will insert the implant just under the skin of the inner side of your upper arm. You can use a single Nexplanon implant for up to three years.

How does Nexplanon work?

Nexplanon, like the birth control shot, releases a hormone called progestin. The progestin in the birth control implant works in three ways. First, by keeping eggs from leaving the ovaries, pregnancy cannot happen if there is no egg to join with the sperm. Second, by making a woman's cervical mucus thicker, this keeps sperm from getting to the eggs. Lastly, the hormone thins the lining of the uterus.

How effective is Nexplanon?

Effectiveness is an important and common concern when choosing a birth control method. The birth control implant is very effective. Less than 1 out of 100 women a year will become pregnant using the implant. It lasts up to three years. Certain medicines and supplements may make the birth control implant less effective.

*Nexplanon does not protect against sexually transmitted diseases.
Use a condom to reduce the risk of infection.*

How is Nexplanon inserted and removed?

The implant can only be inserted or removed by your healthcare provider. It is a minor surgical procedure, only lasting a few minutes. The implant is placed just under the skin, on the inner side of your upper arm. Your implant should be placed within the first few days of your menstrual cycle.

You will receive a “user card” to keep a record of date of insertion, as well as date your implant is to be removed. It is important that the implant be removed on or before your removal date.

You may be asked to take a pregnancy test prior to getting the implant inserted.

What are the advantages of Nexplanon?

The birth control implant is safe, simple, and convenient.

- Nothing needs to be put in place before sexual activity
- You don't have to remember to take a pill everyday
- It is a great alternative for women who cannot use estrogen-based birth control
- It gives continuous long term birth control without sterilization
- The implant can be used while breastfeeding
- The ability to become pregnant returns quickly when you stop using the implant
- Fewer, lighter periods

What are the disadvantages of Nexplanon?

Some women may have side effects while on Nexplanon which may include:

- Irregular bleeding (the most common side effect) especially in the first 6-12 months of use
- Increased spotting between periods
- Mood swings
- Possible discoloring or scarring of the skin (at the implant site)
- Headache
- An infection/pain in your arm
- Nausea
- Pain at the insertion site
- Sore breasts
- Possible, mild weight gain

Talk with your healthcare provider.

If you have the following symptoms please contact your healthcare provider immediately:

- You think you might be pregnant
- Bleeding, pus, or increasing redness/pain at the implant site
- You find a new lump in your breast
- After having regular periods every month, you suddenly don't have a period
- Yellowing of the skin or eyes
- An unusually heavy menstrual flow
- The implant looks like it might be coming out

Where can you go to have Nexplanon implanted or removed?

Currently, our clinic does not provide implant or removal services for Nexplanon. If you have a primary healthcare physician outside of SHS, speak with them about choosing Nexplanon as a form of birth control. Your healthcare physician may be able to provide insertion and removal services.

If you would like help finding a provider through your insurance, please contact your insurance directly.

If you need confidential care or you don't have healthcare insurance the following clinics can provide implant or removal services at low to no cost:

- Planned Parenthood.....1-800-230-PLAN (plannedparenthood.org)
- Family Planning Associates.....1-877-88-FPAMG (fpamg.net)

For More Information:

- Student Health Services 619-594-5281
- Health Promotion.....619-594-4133
- Visit Our Website at <http://shs.sdsu.edu>
- American Social Health Association ashastd.org
- Facebook/Twitter.....[Facebook.com/aztechealth](https://www.facebook.com/aztechealth) & [@AZTEHealth](https://twitter.com/AZTEHealth)