

What is Nexplanon?

Nexplanon is a small, thin, match-sized implant that goes underneath the skin of your upper arm. The implant will release the hormone progesterone to prevent pregnancy. Once you get the implant, you do not have to remember to change it until 3 years later. This form of birth control is perfect for those who struggle to remember to take a daily pill. Nexplanon is a safe and effective form of contraception for those with a low risk of acquiring STBBI's and who want long-term contraception.

How Does Nexplanon Prevent Pregnancy?

Nexplanon releases the hormone progesterone over 3 years. During this time, Nexplanon will disallow the release of an egg from the ovary. Simultaneously, Nexplanon will cause the mucus in the cervix to thicken and the inner lining of the uterus to be no place for a fertilized egg to implant. This prevents sperm from reaching the egg and fertilizing it.

How Effective is Nexplanon?

Nexplanon is over 99% effective. Less than one pregnancy occurs per 100 who have used it for 1 year. However, while Nexplanon is an effective and hassle-free method of birth control, it does not prevent the possibility of contracting an STBBI. A barrier method and Nexplanon are also recommended to be fully protected against STBBIs.

Where Can I Get Nexplanon?

- First, a consultation and prescription are needed from a healthcare professional. Once you have obtained Nexplanon from your preferred pharmacy, you can make an appointment to see your health care professional for insertion.
- Before the insertion, your doctor may ask for a pregnancy test, this is routine in many clinics. The insertion will first start numbing the insertion sight. Usually, this is on the inner arm of the non-dominant arm. An applicator will then be used to guide the Nexplanon in place under your skin. Once the insertion is complete, you and your doctor will feel for the implant. If you cannot feel the implant at any time, you should speak to your doctor.
- After the procedure, you may experience bruising, swelling, and discoloration around the insertion site. You will need to wear a bandage for 3-5 days. This is normal! Cold packs and over-the-counter pain medication can help with the discomfort. However, if it worsens or other symptoms arise, notify your doctor.



Is Nexplanon Offered at Planned Parenthood NL?

Yes! Here at Planned Parenthood NL, we do have doctors who are trained in the prescribing, insertion, and removal of Nexplanon. Our doctors will have a consultation with you first before writing the prescription. During the consultation, our doctor will aim to answer any questions or concerns you have and determine if it is right for you. Once you and your doctor determine Nexplanon is the right fit for you, they will write you a prescription. If needed, the prescription can be faxed to your preferred pharmacy. Once you have filled the prescription and obtained your Nexplanon at your preferred pharmacy, you can make an insertion appointment at Planned Parenthood.

What are the Benefits of Nexplanon?

- ◇ Nexplanon is highly effective (99%)
- ◇ Nexplanon is convenient and does not require you to remember to take it. It is effective for up to 3 years.
- ◇ Has been related to improving period symptoms such as cramping and heavy periods.
- ◇ Nexplanon only used one hormone: progesterone. Some people do not respond well to a combination form of birth control, progesterone and estrogen.
- ◇ If you decide you would like to try to become pregnant after the removal of Nexplanon, fertility is not affected.

What are the Disadvantages of Nexplanon?

- ◇ Much like any other form of birth control, Nexplanon can also produce side effects. These will be discussed with your family doctor during the consultation. If any occur, contact your doctor.
- ◇ Nexplanon does not protect against STBBI's.
- ◇ If you do not have insurance or a valid MCP, Nexplanon is expensive to pay out of pocket.
- ◇ Must be inserted by a health care professional. This means that your appointment times depend on doctor availability.

Sexual Health Questions? We have Answers!

Location:
47 St. Clare Ave
St. John's, NL

Hours:
Monday: 9am – 4pm
Tuesday: 12pm – 7pm
Wednesday: 9am – 4pm
Thursday: 9am – 4pm
Friday: 9am – 4pm
Saturday: 10am – 3pm

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November 2024

Nexplanon (The Birth Control Implant)

