

The Contraceptive Implant



Nexplanon



What is the contraceptive implant?

The contraceptive implant may be known as its brand name, Nexplanon, or just “the implant.” It is a small, matchstick-shaped device inserted in to your upper arm through a minor procedure, that releases hormones in the body to prevent pregnancy. It is an effective, long-acting reversible form of contraception that provides 3 years of continuous coverage



How does it work?

The implant rod slowly releases the a synthetic progesterone hormone, etonogestrel (it does not contain estrogen). The release of this hormone prevents ovulation (prevents the egg from leaving the ovary) and thickens the cervical mucus, making it harder for sperm to enter the uterus.



How do I use the implant?

The implant needs to be inserted by a doctor in to the inside of your upper arm, just below the skin. The doctor will give you a local anesthetic/freezing agent to numb your arm and help with discomfort. The insertion process takes only a few minutes. You will need to have the implant removed after three years, but can have it removed it any time before.



Where can I get the implant? What is the cost?

- A doctor can prescribe and insert the implant for you. To receive an implant, you will typically require two appointments: one for a pre-implant consultation, and the second for insertion. You will need to purchase your implant at a pharmacy before your appointment.
- The cost of an implant is approximately **\$350**. Because the implant is newly approved in Canada (approved in 2020, but has been used/approved for many years in other countries) it may not be covered by some insurance companies.



Are there any side effects?

The side effects from the implant are usually mild and include bloating, breast tenderness, nausea, or mood changes, but these should disappear within the first 3 months following insertion. 1 in 10 users will experience irregular bleeding or spotting (longer or shorter bleeding during your period, varied times between periods, spotting between periods). Many users find their period is lighter than their usual periods.



How effective is the implant?

The implant is over **99% effective**. It does NOT offer any protection against sexually transmitted infections or HIV.

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