

Women's Health Procedure Clinic

Nexplanon Insertion

What is Nexplanon?

- It is a 4 cm long and 2 mm wide flexible rod that sits just below the skin and continuously releases a progestin hormone into the bloodstream.
- It is inserted in the office by a health care provider using local anaesthetic to numb the skin and provides reversible and highly effective birth control for up to three years by preventing ovulation.

How does it work?

- The implant is placed by a health care provider in the upper inner arm just below the skin. The procedure is fairly simple and takes only a few minutes. It is done using local anesthesia ("freezing") to numb the skin. Once it is placed, the implant is not visible but can be felt just under the skin. The implant provides highly effective birth control for up to three years. At that time, the implant can either be removed or replaced.
- The progestin hormone prevents the ovaries from releasing an egg. It also thickens the cervical mucus making it difficult for sperm to reach the egg.

How do I prepare for this appointment?

- The implant can be inserted at any point in your menstrual cycle
- Ensure you are not pregnant prior to the appointment
- Pick up the device at the pharmacy and bring it with you to the appointment
- Wear a short-sleeved shirt for easy insertion

What happens after the insertion?

- You may get some bruising after the insertion around the area
- You can remove the white bandage after one day, the steri-strips after 3-5 days
- Although rare, a skin infection may occur. Follow up with the clinic if the area becomes red and sore
- Your periods will become irregular, spotting every day for several weeks is common
- Contact the clinic staff if your bleeding is prolonged, we have options to help

Nexplanon removal:

- Contact your doctor or nurse practitioner in three years. We can remove and replace with a new one if interested
- Contact your doctor or nurse practitioner if you would like it removed earlier than the 3 years, we can offer alternate forms of contraception if interested
- You will ovulate within one month of removal of the Nexplanon implant