

Your Nexplanon-trained
healthcare professional is:

Name:

Phone number:

For more information visit
www.nexplanon.co.uk



Medical information: 01707 363418


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 Nexplanon[®] ▼ Diary Card
68mg etonogestrel



All about
To be given to patients who
have been prescribed Nexplanon

 Nexplanon[®] ▼
68mg etonogestrel

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Choosing the contraceptive that's right for you is a very important decision. You need to be confident that it will protect you from becoming pregnant; but you also need to be happy with the way it works within your body. This booklet has been designed to help you understand Nexplanon, and answer some of the questions you may wish to ask.

It should also be used in conjunction with the Patient Information Leaflet (PIL).

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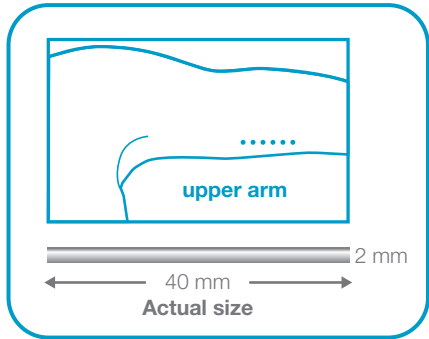
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What is Nexplanon?

Nexplanon is a long-acting, reversible contraceptive in the form of a small, flexible rod, which is inserted just under



the skin on the inside of your upper arm. It contains the hormone progestogen, a small amount of which is released into your body each day. This prevents the monthly release of eggs from your ovaries. So, if there are no eggs to fertilise, you cannot become pregnant.



How reliable is Nexplanon?

No method of contraception is 100% effective. However, Nexplanon is more than 99% effective.

Will Nexplanon suit my needs?

Nexplanon is suitable for women who want reliable contraception without the pressure of remembering to take pills, want to space the birth of their children or don't yet feel ready to have a baby. It is also an option for those who may be considering sterilisation.

What are the benefits of Nexplanon?

Nexplanon protects you against pregnancy for a period of three years, but if you are overweight the doctor may advise you to replace the implant earlier. Nexplanon is one of several means of preventing pregnancy. Another frequently used birth control method is the combined pill. In contrast to combined pills, Nexplanon can be used by women who may not, or do not want to use oestrogen. When you use Nexplanon you do not have to remember to take a pill every day. This is one of the reasons that Nexplanon is very reliable (over 99% effective).

Can I switch to Nexplanon from another method of contraception?

(combined pill, progestogen-only pill, intrauterine or injectable contraceptive)

Yes, it's easy to switch to Nexplanon. Your doctor or family planning-trained nurse can help you decide whether Nexplanon is suitable for you. They will explain the insertion procedure and most suitable time for you to switch.

What happens when Nexplanon is inserted?

Nexplanon can only be inserted by a healthcare professional specially trained in the procedure. They will ask you about your medical history and will check your weight and blood pressure. They may also give you a physical examination, and will check to make sure you aren't pregnant. Insertion is a simple and quick procedure.

Afterwards, a pressure bandage may be applied to your arm to minimise bruising. You will need to keep this in place for 24 hours, during which you must make sure it stays clean and dry. The bandage can then be removed and you can use your arm in the usual way.

Once the bandage is removed, you should be able to feel Nexplanon in place, just under your skin. If not, it's important to go back to the clinic as soon as possible for this to be checked. You should use additional contraceptive protection, e.g. condoms, until you are sure Nexplanon is correctly inserted in your arm.

Will it hurt?

You will probably be given a local anaesthetic to numb the area while the procedure takes place. However, the area may be a little tender and bruised when the anaesthetic has worn off. This should ease relatively quickly.

When should Nexplanon be inserted?

It should be fitted between day one and five of your menstrual cycle. This may vary, according to the type of contraceptive you are using at the time.

How quickly does Nexplanon start to work?

Nexplanon starts to work as soon as it is inserted, providing the procedure is conducted at the appropriate point in your menstrual cycle.



Will anyone be able to see Nexplanon in my arm?

Nexplanon is unlikely to be visible. However, you should be able to feel Nexplanon with your fingertips. It is important to be able to feel it in position when it is time for it to be removed.

Can Nexplanon get lost or break?

When correctly inserted, Nexplanon lies in the tissue just below the surface of your skin. This holds it in position.

Nexplanon is made from flexible plastic, so it is unlikely to break inside your arm.

Will I need regular check ups?

Your trained healthcare professional will advise when you need to attend the clinic for routine check ups.

Do other medicines affect the reliability of Nexplanon?

Some medicines may react with Nexplanon, for example anti-epileptics, treatments for tuberculosis and the herbal remedy, St. John's Wort. So it's important that you remember to tell your doctor or pharmacist that you are using Nexplanon when other medicines are being prescribed for you, or when you buy over-the-counter medicines – also tell the doctor or nurse who attends to you if you have treatment in hospital.

Will Nexplanon still work if I have a stomach upset?

Because Nexplanon is not taken by mouth, it will continue to work even if you are sick or have diarrhoea.



Will Nexplanon affect my bones?

No known effects on bone mass have been observed with Nexplanon. This is because the level of oestrogen in your body remains at a sufficient level to maintain healthy bone mass.

What about sexually transmitted infections?

Because Nexplanon doesn't work as a barrier, it can't protect you from sexually transmitted infections. You should use condoms if you are concerned that you may be at risk.

Will I have side effects from using Nexplanon?

As with most medicines, there is a possibility of some side effects with Nexplanon. Those most commonly reported include irregular bleeding, acne, headaches, breast tenderness and pain, weight changes and vaginal discomfort. However, these don't affect everyone.

The patient information leaflet you are given will give more information about side effects, and you can discuss your concerns with your doctor or family planning nurse at any time.

Will Nexplanon affect my weight?

As with all hormonal contraceptives, some women notice changes in their weight while using Nexplanon.

Will Nexplanon affect my periods?

Every woman is different where periods are concerned. However, it is likely that Nexplanon will affect your bleeding pattern, and your periods may become irregular – as with other progestogen-only methods of contraception.

Some women find their periods happen only occasionally, or may stop completely. This is quite normal, and it doesn't mean that the blood is going elsewhere within the body. Others find that their periods become heavier or last longer. It's also possible that your bleeding pattern may change the longer you use Nexplanon.

It is impossible to predict these changes and, although they may be inconvenient, they are not harmful and do not mean that Nexplanon isn't working.

It may take up to six months before your bleeding patterns settle down, however if you have concerns talk to the healthcare professional who fitted Nexplanon. They will understand, and can offer you support and advice.

Should you experience prolonged bleeding, please see your healthcare professional. They may also check that the bleeding is not due to other causes, such as an infection.

Use the diary card on the back of this booklet to make a note of the days when you have bleeding. This will be useful to show the person who fitted your implant. It will help to identify patterns, and you will be able to see when changes are starting to settle down.

Will Nexplanon affect my moods?

Instances of mood change have been reported with all forms of hormonal contraception. Consult your doctor or family planning nurse if you are concerned.

How do I know when Nexplanon needs to be removed?

Nexplanon must be removed after three years,* so when it is inserted, you will be given a card that states the date by which it should be removed. Please keep the card somewhere safe, and make an appointment with your doctor before this date.

*Nexplanon may be replaced sooner if you are above average weight.

What about removal?

Removing Nexplanon takes only a few minutes. Your trained healthcare professional will first feel the position of the implant with their fingertips. They may also use x-ray, ultrasound or in rare circumstances, a CT or MRI scan if they are unable to locate the implant by touch.

A local anaesthetic is used to numb the area and a tiny incision will be made in the skin at one end of the rod, through which it will be removed. After removal, a pressure bandage may be applied to minimise bruising.

A new Nexplanon may be inserted. If not, you will need to start using another form of contraception immediately if you do not wish to get pregnant.

What if I change doctors – can anyone remove Nexplanon?

Nexplanon should only be fitted and removed by healthcare professionals who are specially trained in this procedure. Ask whether your new doctor or nurse is trained to remove Nexplanon. If they are not, they will refer you to another clinic that is able to remove Nexplanon.

Will Nexplanon leave a scar when it is removed?

There is a slight possibility that a small scar may be left by the incision that is made when Nexplanon is removed.



You can keep a record of your bleeding pattern by using the chart below. Remember, if you have any concerns, talk to the healthcare professional who fitted the implant. They will be able to give advice and put your mind at rest.

- **Bleeding** means that you need to use two or more pads or tampons per day.
- ✗ **Spotting** means that you use only one pad or tampon per day.

Example:

1	2	✗	✗	✗	●	7
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Month 1

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Month 2

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Month 3

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Month 4

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Month 5

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Month 6

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	