

Patient Teaching: Nexplanon®

Date of placement:

You had a **Nexplanon®** contraceptive implant placed after you gave birth. The implant is in your _____ arm. This implant will provide birth control for up to **3 years**. Here are some answers to common questions asked after placement:

- It is normal to have changes in vaginal bleeding.
- You may feel tender and see some redness and/or a small amount of swelling at the implant site. This is normal. Tell your provider (doctor, midwife, nurse practitioner) right away if you have any of these symptoms:
 - Fever (temperature over 100.4)
 - Signs of infection (pus oozing from implant site or redness running up your arm)
- The **Nexplanon®** implant releases hormones. That means you can have some side effects. These side effects may include:
 - Headaches
 - Nausea
 - Tender breasts, not linked to breast changes after giving birth or breastfeeding
 - Mood changes or depression
 - Ovarian cyst formation. This can be felt as low stomach discomfort on the left or right side).
- Once your bleeding stops after giving birth, you may have a small amount of vaginal spotting for up to 6 months. The spotting will decrease over time. For some women, menstrual bleeding decreases.
- The implant should not affect breastfeeding in a healthy mom and baby. For breastfeeding women, feed your baby often on demand (8 to 12 times a day). Avoid supplementing with formula unless instructed by your baby's doctor. If your milk supply seems low, ask to speak to a lactation consultant.
- The **Nexplanon®** does not protect you against sexually transmitted infections like gonorrhea, chlamydia, hepatitis, or HIV/AIDS. So while the implant is used for birth control, you must still use a condom to protect yourself from getting one of these infections.
- When you want to become pregnant again OR if you want to stop using the implant, you can have it removed.

Please contact your provider with **any questions** concerning symptoms, or to schedule a visit to be seen in the office.

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