

The Contraceptive Implant

ETONOGESTREL IMPLANT

What is it?

The contraceptive implant is a thin, flexible rod (about the size of a match-stick), that is placed under the skin of the upper arm. Once inserted into the arm, it releases a low, steady dose of the hormone progesterone. This hormone prevents pregnancy in two ways:

1. It stops the ovaries from releasing eggs.
2. The cervical mucus becomes thicker which makes it more difficult for sperm to enter the uterus.
3. The lining of the uterus becomes thinner, so it does not allow a pregnancy to grow.

Benefits

1. The Contraceptive Implant provides up to 3 years of contraception, and has no negative impact on future fertility, once removed. This method of contraception is more than 99% effective in preventing unwanted pregnancy in most women (efficiency may be reduced in women with a BMI over 30, but we have insufficient studies to confirm this)
2. The Contraceptive implant does not contain estrogen so it can be used in women who cannot take, or have sensitivities to estrogen.
3. The implant can also be used to treat heavy menstrual bleeding and can help decrease menstrual cramping.

Disadvantages

- The implant does not protect against sexually transmitted infections (STIs) or HIV. Condoms are recommended to protect against STIs or HIV.
- Complications associated with the insertion of contraceptive implants are rare but may occur. Possible complications include:
 - discoloration or a tiny scar on your arm where the implant was inserted
 - an infection at the site of insertion
 - an implant may move from the place where it was inserted

Side-effects

- Soreness, bruising, or swelling of the insertion area – can last a few days
- Irregular bleeding – including early or late periods, spotting between periods
- Amenorrhea (no periods), occurs in 50% of patients
- Headaches (15% of patients)
- Weight gain (12% of patients)

The contraceptive implant may be a good choice for you if:

- You are looking for a long-term, reliable method of contraception
- You have had failure with other methods in the past (you have trouble remembering to take the pill)
- You are breastfeeding (it has no effect on breast milk)
- You have completed your family but do not want a tubal ligation
- You have heavy or painful menstruations



esfam.ca

The Contraceptive Implant

Steps to getting a contraceptive implant

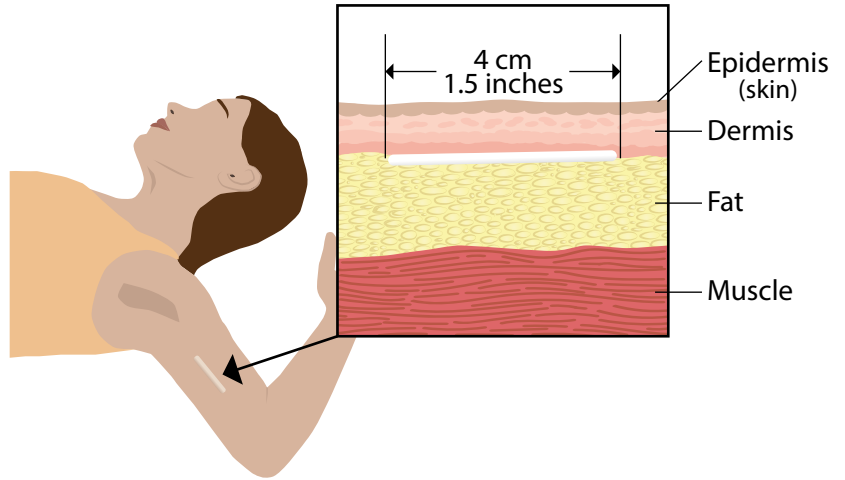
You will need a prescription from your healthcare provider to get a contraceptive implant from the pharmacy. A health care provider must insert the implant.

During the procedure, you will lie on your back with the arm (usually your non-dominant arm) out to the side and bent at the elbow. A local anesthetic will be injected at the insertion site. Your health care provider will use an applicator to insert the implant just beneath your skin.

You should be using a back-up method of birth control for 7 days after the insertion of the implant.

The implant can be felt under the skin, but will not be visible to others.

If you already have an implant in place, removal and insertion of a new implant can be done on the same day. The removal will be done through the same tiny incision in the skin.



On the day of the procedure

A few things to remember:

1. It is a good idea to take **Advil 800mg** by mouth, 1 hour prior to the insertion. If you can't take Advil, you can take Tylenol 1000mg instead.
2. **Arrive to your appointment 15 minutes before the scheduled time**, as you will be asked to provide a urine sample to ensure that you are not pregnant.
3. Once inserted, you should be able to feel the implant under the skin to confirm for placement.

Clinic location

The appointment will take place at:

The Montfort Academic Family Health Team
745 Montreal Rd., suite 101B
Phone: 613-749-4429

*The clinic is in the white building, located in front of the Montfort Hospital. Use **ENTRANCE B** and go through the door directly in front of the entrance, to find the waiting area and reception desk.*



You should contact your health care provider if any of the following occur:

- Heavy, prolonged bleeding
- You think you are pregnant
- Signs of an infection at the insertion site (tenderness, redness, swelling or discharge)
- You can no longer feel the implant under your skin
- You wish to have the device removed, or you want to get pregnant

