



## **PATIENT EDUCATION FOR NEXPLANON IMPLANT INSERTION**

I understand the subdermal implant is a long-acting reversible contraceptive implant that contains the hormone etonogestrel. I understand the device may last for up to 3 years and is up to 99.9% effective in preventing unwanted pregnancy. It does not prevent against sexually transmitted infections. I understand it may also be a great choice for women who experience heavy and painful periods, and it is safe to use when breastfeeding.

I understand that the implant is inserted during an in-office procedure placed into my non-dominant arm. I should be able to press my fingertips over the skin where the implant was inserted and be able to feel the implant. If you are having trouble feeling your implant, please call the clinic at 204-958-6777.

I understand I may experience bleeding that may be irregular (may last for up to 3-6 months), lighter or heavier than my usual period or in some cases completely stop. I understand if I may be pregnant, I need to seek medical attention immediately.

I understand some women may experience side effects of low mood, acne, headache, and weight gain. I understand I may experience some pain and bruising at the site after the insertion. I understand possible complications of the procedure include scarring, nerve pain or infection.

I agree to use back up contraception (ie. condoms, abstinence, etc) for 7 days after the insertion of my device. I agree to keep the bandage applied at the insertion site for 5 days.

I understand the implant is usually removed via a minor in-office procedure. If removal is challenging a surgical procedure may be required.

I have discussed the above with my physician and all my questions have been answered prior to the insertion. I have read and understood the above education/consent form.