



BERKSHIRE  
MENOPAUSE  
CLINIC

**Implant insertion/replacement  
Appointment  
&  
Information Pack**



**Berkshire Menopause Clinic**  
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Dear

You have been given an appointment for a Implant insertion or replacement fitting appointment:

This is a 20-30 minutes appointment with the specialist. Please **arrive 10 minutes** early ready for your appointment.

In the enclosed pack, we have provided some information to prepare you for your appointment. Please read this before your appointment. **Please also read and sign the consent form before you attend for your appointment.**

We request that you let us know as soon as possible if you are unable to attend so that we can offer this appointment to another patient. Please note that if you do not attend, there may be at least a 6-week delay until another appointment becomes available.

We look forward to seeing you.

Yours sincerely

**Dr McQuillan and Berkshire Menopause Clinic team**

## The subdermal implant 'Nexplanon' Patient Leaflet

This leaflet aims to answer your questions about the contraceptive implant. It explains the benefits, risks and alternatives, as well as what to expect when you come to the clinic.

### What is the Implant?

The contraceptive Implant is a small flexible rod that is inserted just under the skin on the inside of your upper arm. You are usually offered local anaesthetic in the form of a small injection to numb the area before the implant is inserted.

The Implant contains progesterone hormone which is released slowly into your body each day for 3 years. The Implant prevents your ovaries from releasing any eggs so that you cannot become pregnant.

### What is the implant used for and what are the benefits?

#### ▪ Long term contraception

The Implant is widely used as a long-term reversible contraceptive and can be left in place for up to 3 years. It is one of the best forms of contraception, with only one in 100 women getting pregnant (1%)

However, should you wish to get pregnant, fertility returns to Normal when the Implant is removed.

### Are there any problems with the implant?

If you are having the implant replaced, occasionally the doctor may not be able to take out your existing implant. This can be because it is embedded deeply under the skin. If this happens, your doctor will refer you to a specialist to have this assessed further.

### What are the risks?

Risks are more common within the first few months and generally settle after continued use.

### What are the risks?

#### ▪ Local bleeding, bruising, infection, scarring at removal site

#### ▪ Local anaesthetic

Please let your doctor know if you have any medication allergies or have had any reactions to any previous anaesthetic. Occasionally, you can experience some skin irritation and itching locally around the injection site.

#### ▪ Hormonal

These may include breast tenderness, headaches, acne, weight changes and symptoms similar to PMS.

#### ▪ Bleeding problems

Some women may experience changes to their bleeding patterns. This usually settles by 3-6 months. We encourage you to persevere and speak to your GP if you find this difficult.

### Am I suitable for the Implant?

There are some women for whom the implant is not suitable. This will be assessed at the time of counselling. Please inform us if you have any of the following:

- allergy to progesterone
- suspected pregnancy
- unexplained vaginal bleeding
- irregular bleeding patterns with your periods
- Breast cancer
- Liver disease
- Arterial thromboembolism (clots in the arteries)

## How can I prepare for having an implant fitted?

### ▪ **Timing of fitting**

An implant can be put in at any time in your menstrual cycle. If fitted in the first five days of your menstrual cycle, you do not require any further contraception. If fitted at any other time, you will need additional contraception for the first seven days.

### ▪ **Ensuring you are not pregnant**

Prior to having your IUS fitted, you will need to ensure you use adequate, reliable contraception or do not have sexual intercourse from your last period. Please inform us if there is a possibility you are pregnant.

### ▪ **Medications such as anti-epileptics**

Tell your nurse/doctor if you are on any medications that affect your liver such as epilepsy medications as these can reduce the effect of the implant contraception

### ▪ **Pain relief**

You may feel pain during and after the fitting. We would suggest that you take some painkillers after the fitting if the wound is painful.

## What happens during the implant fitting?

Your appointment will last 20–30 minutes. We will check that you have understood all the information provided and you will be asked to sign a consent form.

You will be asked about allergies. In particular, please inform the healthcare professional if you are allergic to any anaesthetic or rubber.

The skin will be cleaned and then numbed with a local 'numbing' agent (anaesthetic). You may still feel the procedure but it should not be painful.

The implant will be fitted, and a small dressing and bandage applied.

## If you are having your implant replaced or removed

Your doctor will remove your old implant before fitting a new one. They will check they are able to feel the implant under your skin. The skin will be cleaned and then numbed with a local 'numbing' agent (anaesthetic). You may still feel the procedure, but it should not be painful.

A small cut will be made close to the tip of the implant and the rod will be removed. Once the rod is removed, you will be provided with dressings. These should stay on for approximately 24-48 hours and the wound kept clean and dry.

If you are having an implant replaced, the doctor may be able to go through the same wound as the last one. However, they will check this is safe to do so. If it is not, then a new site will be used, and the same process will be followed (as above) as if you are having a new implant fitted for the first time.

## Care after your implant fitting

We advise you take the bandage off after 24 hours and the dressing underneath off after 48 hours (one day after your bandage removal). It is important you keep the wound clean and dry to avoid infection. You may develop some redness, pain or swelling and we advise you take some pain relief if this occurs. If you develop redness or swelling that is spreading up/down the arm or occurs with a fever or severe pain, then please contact the GP surgery or the urgent care team (if out of GP surgery hours).

***If you have any further questions, please phone or email the clinic to arrange a consultation with our specialist.***

### **In the case of an emergency**

**Please note our services are not suitable for any urgent or emergency medical situation or treatment. If you are in an emergency situation (or you think there is the opportunity for the situation to escalate to one), you must contact your local NHS emergency services by dialling 999 or seek other emergency medical services. The services at BMC are in no way designed or intended to replace the services of the NHS or services provided by your GP.**