



BERKSHIRE  
MENOPAUSE  
CLINIC

**Oestrogen HRT implant insertion  
Appointment  
&  
Information Pack**



**Berkshire Menopause Clinic**  
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Dear

Your appointment for an **Oestrogen Implant insertion** procedure has been made for our:

**Well Woman Clinic**

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

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**

15/11/2023  
Dr SMcQ

## Oestrogen implant insertion Patient Leaflet

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

### What is the oestrogen Implant?

The oestrogen implant is a form of Hormone Replacement Therapy, used to treat menopausal symptoms. It is a small pellet containing the hormone oestradiol that is inserted into the fat layer (usually in the lower tummy), just under the skin and releases oestrogen slowly over 4-6 months. It is usually inserted into the lower tummy. As it is absorbed into the body, it cannot be removed once inserted and it is important you are aware of this before the procedure.

### Am I suitable for the implant?

Oestrogen implants tend to be used in those who have had a surgical menopause, who require high levels of oestrogen. They are also useful in those (with or without a womb) who have tried other HRT treatments with no symptom relief.

If you have not had your womb removed (hysterectomy), you will also need to take progestogens during, and for approximately 2-3 years after you stop using implants. This is because oestrogen helps manage your symptoms, and progestogens helps protect your womb lining. If you take oestrogen alone, this can cause the womb lining to thicken, and in turn increase your risk of womb cancer. By taking a progestogen, this will reduce this risk.

Some women may not be suitable for having an implant. Your specialist will ask you questions about any medical problems you have. Some examples where an implant may not be appropriate include uncontrolled blood pressure; active liver disease; breast or gynaecological cancers; unexplained bleeding from the womb; high oestrogen levels (on a blood test).

### What are the benefits over other forms of HRT?

- Effective in relief of menopausal symptoms in those who need higher doses (as the implant provides a higher level of oestrogen in the blood circulation). For example, those where other types of HRT have not fully controlled their symptoms or those who have had a surgical menopause
- Effective at preventing osteoporosis
- Convenience, as do not require compliance or remembering to take regular tablets or skin preparations.

### What are the Risks & Side Effects?

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

- **Insertion site**  
These may include bleeding, bruising, infection, scarring.
- **Local anaesthetic**  
Medication allergies or to any previous anaesthetic should be questioned prior to the treatment. Occasionally, patients can experience some skin irritation and itching locally around the injection site.
- **Rejection**  
Rarely, the implant can be rejected and work its own way back out of the skin
- **Hormonal**  
These may include breast tenderness, headaches, acne, weight changes, bloating/ fluid retention and symptoms similar to PMS.
- **Bleeding problems**  
Some women may experience changes to their bleeding patterns. This usually settles by 3-6 months. If however, you continue to get bleeding beyond 6 months or start to get bleeding after 6 months then it is important you discuss this with your GP as they may need to refer you for further investigations

It is important to note that In those women who have not had a hysterectomy, they will also need to take progestogens during, and for 3 years after stopping implants to protect their womb lining from thickening and cancer.

- **Return of symptoms** Symptoms can come back as the implant comes to the end of its working life. Occasionally this can be prior to the recommended duration of 6 months. A blood test can help management and whether early replacement is recommended.
- **Hormone accumulation** If the dose of your implant is higher than you need to control your symptoms, or if it is changed too often, this can lead to abnormally high oestradiol levels and the recurrence of symptoms even at these high levels. This is not easy to treat. Therefore, it is important to use the lowest level of hormone to treat symptoms and not have a new implant fitted too often. Women Also long-term, having yearly hormone levels checked can help avoid this.

### **What happens during the implant fitting?**

The procedure takes approximately 5-10 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. Please inform the healthcare professional if you are allergic to any anaesthetic or rubber.

The implant is usually inserted in the lower tummy. The skin is first cleaned, and a local anaesthetic injection given to numb the area. You may still feel the procedure, but it should not be painful. A small cut is then made, and a small instrument inserted to introduce the implant just under the skin, in the fat layer. A small dressing will be applied. You can resume normal activities after the procedure.

### **Care after your implant fitting**

We advise you take the dressing off after 24- 48 hours. It is important you keep the wound clean and dry to avoid infection. You may develop some local redness, pain or swelling and we advise you take some pain relief if this occurs. If you develop redness or swelling that is spreading or you also develop a fever or severe pain, then please contact your local urgent NHS provider.

### **Follow-up**

You will be offered a follow-up appointment around 4 – 6months after your implant insertion.

If the implant has worked well for you and you wish to continue with this treatment regime, we will advise a blood test before you have your next implant fitted to ensure your oestrogen levels remain in the right range. Long-term, once treatment is stabilised, you will usually only require a blood test yearly.

**We hope this information helps. If you have any further concerns, then please email ([info@berkshireremenopauseclinic.com](mailto:info@berkshireremenopauseclinic.com) ) or call (07510613838) our clinic.**

**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 the 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**