Information for informed consent for insertion of an Implanon Contraceptive Device

What is an Implanon Contraceptive Device
An Implanon is a small flexible plastic rod that is placed under the skin to prevent pregnancy. The device is placed under the skin in the upper inner arm. The Implanon is very effective at preventing pregnancy. Less than one percent of women using the Implanon will become pregnant. Many women using the Implanon will also have lighter periods.

How does the Implanon work?
The Implanon contains a small amount of a hormone called progesterone. This prevents the ovary from releasing an egg each month. It also thins the lining of the uterus making it difficult for a fertilized egg to implant. Finally it thickens the cervical mucus making it difficult for sperm to reach the egg. It is important to know that while the Implanon works to prevent pregnancy, it does not prevent the transmission of sexually transmitted diseases (STDs). This device can be left in place for up to 3 years.

What are my other choices for treatment?
There are many forms of birth control
Your choices for pregnancy prevention include:
- Barrier methods such as condoms and diaphragms.
- Hormonal options such as the pill, patches, vaginal ring, injectable hormones (Depo-Provera) and IUD contraceptives.
- Permanent sterilization such as having your tubes tied (a tubal ligation) or Essure device for yourself, or a vasectomy for your partner.

There are advantages, disadvantages, and potential risks for each option. Your clinician can help you choose which one may be best for you.

What are the benefits of the Implanon?
The benefits of the Implanon include:
- It is a highly effective method of birth control.
- It is a convenient way to prevent pregnancy because it lasts for 3 years. During that time you do not need to remember to take anything to have effective birth control.
- Lighter periods.

What are the risks of the Implanon?
Like any procedure there are some risks involved with the placement of an Implanon. They include:
Very Rarely:
- Local infection around the area of insertion.
• Hematoma (bruising)
• Rash
• Expulsion of the Implanon
• Migration (Implanon device may move a short distance)
• Allergic reaction
• Nerve injury (extremely rare)
• Scar or keloid formation.
• Need for surgical removal of Implanon device.

Uncommon:
• About 10% of women have irregular bleeding while using Implanon contraception. This can include spotting daily or frequently. A smaller number of women will have no period at all.

Who can use an Implanon?
Most women of reproductive age have the option of using the Implanon. The effectiveness of the Implanon device may be reduced in women who are over 130% of their ideal body weight (women with a BMI over 30kg/m$^2$). Your provider will help you determine your BMI.

Who should NOT get an Implanon?
• Women with history of blood clots.
• Women with tumors of the liver or active liver disease.
• Women who may already be pregnant.
• Women who currently have breast cancer or a history of breast cancer.
• Women with abnormal bleeding that has not been evaluated by a health care professional.
• Women with a history of major depression should talk to their provider prior to using Implanon.

How is the Implanon Placed in My Arm?
The insertion of the Implanon is a simple office procedure. Your provider will want to make sure that you are not pregnant. It is important that you continue to use birth control before you have your appointment for the Implanon insertion. Also, it is very important to tell your clinician if you have:

• A bleeding disorder
• Allergies to local anesthesia, latex, antibiotics or iodine

You may want to take Motrin or Advil before you come to your appointment for the Implanon insertion to help prevent any discomfort. You will lie on you back with your arm outstretched. The Implanon is placed under the skin in the upper inner arm (a couple of inches below your armpit), the skin is sterilized with antiseptic solution. A drape is placed over the arm to keep the area sterile. A local anesthetic is used to make the skin numb. The Implanon device is placed through a guiding needle. Most women feel no more than some pressure in the
area during insertion. Your provider will show you how to check for the position of the Implanon device.
What happens after the insertion is over?
Most women have little or no pain immediately after the procedure. (It is OK to use Tylenol, Motrin, or Advil for pain relief.) You can resume normal activity after your Implanon has been inserted.

Follow up after the Implanon insertion.
- It is important for you to regularly check the Implanon position. If you cannot feel the plastic rod, it may be ineffective and lead to an unintended pregnancy.

- After 3 years it is important to have the Implanon removed. Failure to remove the Implanon may result in unintended pregnancy, ectopic pregnancy or infertility.

- If you feel that you may be pregnant or have a positive pregnancy test it is important to be evaluated immediately. Pregnancies that occur while using the Implanon are more likely to be ectopic pregnancies.

Call our advice center right away if you have any of these symptoms:
- Rash around insertion site
- Expulsion of the Implanon
- A temperature greater than 100.4 degrees Fahrenheit

Where can you learn more?
Go to www.implanon-usa.com