

Advice after your Nexplanon Fitting

You have had a Nexplanon contraceptive implant inserted today:

Date of insertion:

Date due for removal:

Site of Insertion:

Right arm / Left arm

After the fitting

- You will have a bandage applied to the upper arm to help reduce bruising/swelling. It should stay in place for 48 hours.
- You will also have a small dressing over the site of insertion which should be kept on for 3 days. Keep this clean and dry - cover it with plastic if you take a shower.
- Avoid any strenuous activity that uses the arm in which the Nexplanon was inserted for 48 hours.
- Look out for any signs of infection such as extreme redness, tenderness at the injection site, or any signs of pus or fever. If you have any of these symptoms, you should see your GP or attend the walk-in centre.
- If your arm is tender, you can take simple painkillers such as paracetamol and/or ibuprofen, as long as you are not allergic to these products. Follow the directions on the packet.

The implant will work straight away if you had it fitted within 5 days of a miscarriage/termination treatment, or your period. If you had your implant fitted more than 5 days after a treatment or period, you need to use condoms for another 7 days.

If you experience troublesome bleeding this should improve with time. Try and be patient, and see if the bleeding settles. If it doesn't settle after a few months, please speak to your GP or Contraception Clinic. They may offer you the contraceptive pill while the implant remains in place, and this may control the bleeding. If you forget a pill, it won't be important, as you will still be covered for contraception from the implant.

If you experience other symptoms that you are concerned are related to your implant, please speak to your GP or contraceptive clinic.

If you ever cannot feel your implant you should seek medical attention in case it has moved.

If there is difficulty removing the implant, please ask for referral to a specialist.

You need to contact your GP or local Contraception Clinic just before the 3 year date, to have the implant changed/removed.

Nexplanon will not protect you against sexual infections, so please consider using condoms, especially with any new sexual partners.

Local Contraception Clinics:

Peterborough – Kings Chambers, 39-41 Priestgate, PE1 1JL	Tel: 0300 300 3030
Huntingdon – Clinic 6, Oaktree Centre, 1 Oak Drive, PE29 7HN	Tel: 01480 418555
St Ives – St Ives Clinic, Ramsey Road, PE27 5RA	Tel: 01480 357140
St Neots – Dumbleton Medical Centre, Chapman Way, Eynesbury PE19 2HD	Tel: 01480 418555
Wisbech – Parkside Clinic, North Cambs Hospital, St Augustines Road, PE13 3AB	Tel: 0300 300 3030
March – Holland House, Mercheford House Surgery, 28 Elwyn Road PE15 9BY	Tel: 0300 300 3030
Kings Lynn – Vancouver House, County Court Road, PE30 5EJ	Tel 0300 300 3030

If you would like more information about contraception, please contact the family planning association (www.fpa.org.uk)

Contact Details:

The Early Pregnancy Unit (EPU) Lily clinic, treatment Centre Hinchingbrooke Hospital Huntingdon, PE29 6NT Opening hours may vary	The Emergency Gynaecology Assessment Unit (EGAU) 1 st floor, woman and child unit, Bretton Gate Peterborough (City Hospital) PE3 9GZ Open: Weekdays 0800-1800-phone line open until 1730 Weekends/Bank holidays 0800-1200
Central triage line for EPU and EGAU: 01733 673758 (voicemail will cut in when the line is engaged – please leave a message for a call back) www.womenshealthpeterborough.co.uk	
For emergencies only, out of these hours, please attend the Emergency Department	

Within this leaflet we use the term woman/women, however we acknowledge that it is not only people who identify as women for whom it is necessary to access our services. We recognise the importance of providing inclusive and respectful care to all people and their families, including those whose gender identity does not align with the sex they were assigned at birth. Please let us know if there is anything we can do to make you feel more comfortable while you are under our care.