

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 24-48 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.

You can resume sexual intercourse two weeks after your treatment, when your bleeding has settled. The implant will work straight away if you had it fitted within 5 days of your treatment. If you had your implant fitted more than 5 days after your treatment, 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

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.

Contraception and Sexual Health Clinics:

Peterborough 01733 317888

Spalding 01775 711555

Wisbech 01945 582561

Huntingdon 01480 418577

Ramsey 07920 296229

The Early Pregnancy/Emergency Gynaecology Unit
Women's Outpatient Department, Peterborough City Hospital, Edith Cavell
Campus, Bretton Gate, Peterborough, PE3 9GZ
Telephone 01733 673758
www.peterboroughhospitals.co.uk

Monday-Friday 0800 -1800

Bank holiday/Saturday/Sunday 0800 - 1200

Outside these hours please go to A&E if you have a medical emergency.