

## 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.

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.

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](http://www.fpa.org.uk))

**Contact Details:**

<b>Hinchingsbrooke Hospital</b>	<b>Peterborough Hospital</b>
<p>Hinchingsbrooke Park, Hinchingsbrooke, Huntingdon, PE29 6NT</p> <p>Tel: 01480 423137 <b>(leave a message for a call back)</b></p> <p>Opening Hours: Monday/Tuesday/Thursday/Friday 0800-1600</p>	<p>Women’s Outpatients Department Edith Cavell Campus, Bretton Gate, Peterborough, PE3 9GZ</p> <p>Tel: 01733 673758 <b>(voicemail will cut in if the line is engaged - please leave a message so we can call you back)</b></p> <p>Open Hours: Monday-Friday 0800-1800 Weekends and Bank Holidays 0800-1200</p>
<p>For emergencies only, out of these hours, please attend the ED</p>	

Peterborough City Hospital, Edith Cavell Campus, Bretton Gate, Peterborough, PE3 9GZ