

## Subdermal Contraceptive (Nexplanon®) Insertion Consent Form

Nexplanon is one of the most effective birth control methods available. Fewer than 1 out of every 100 people per year using Nexplanon (< 1%) will get pregnant.

The **advantages** of using the Nexplanon include:

- Highly effective and long lasting contraception (3-5 years)
- Low risk of side effects
- Reversible (immediate return to fertility after removal)
- Very safe
- Discrete (most people won't be able to tell you've had it placed)
- High satisfaction rates

The most **common side effects** of Nexplanon are:

- Temporary pain and/or skin bruising at the site of insertion (typically resolves within 24 hrs)
- Changes in menstrual bleeding pattern ranging from absence of bleeding to frequent and unscheduled bleeding and spotting (may improve over the first few months of use)
- A small scar after Nexplanon insertion and/or removal

Other potential but **uncommon side effects**:

- Mood swings
- Headaches
- Acne
- Weight gain

**Risks** of Nexplanon use (rare):

- Infection or pain in arm that may require antibiotics
- Difficult removal potentially requiring surgery. Surgical risks include pain, scarring, nerve and blood vessel damage
- While pregnancy with Nexplanon is rare, if you are pregnant, you are at increased risk of an ectopic pregnancy (pregnancy outside of the uterus) which can be life threatening if not treated

It is important to inform your healthcare provider that you are using Nexplanon as it may interact with other meds you may be taking.

Nexplanon does not protect against HIV (the virus that causes AIDS) or other sexually transmitted infections (STIs). Using a condom correctly and consistently helps prevent STIs.

You may elect to have the Nexplanon removed at any time. A visit with a health care provider is needed to have the Nexplanon removed. Recommended date of removal will be included on your after-care instructions.

I have reviewed the Nexplanon information handout. I have been informed of the Nexplanon insertion and removal procedure and what to expect when the Nexplanon is inserted.

I have reviewed and understand all of the above information. I understand that I will need to have a pregnancy test before the implant can be inserted. If I have had unprotected sex within the past 14 days, the pregnancy test may be negative even if an early pregnancy has begun. I understand that this procedure requires the administration of local anesthesia. I also understand that the insertion procedure may leave a small scar and that an unpredictable reaction to local anesthesia can occur. I have been given the opportunity to ask questions and have had them answered to my satisfaction.

After reviewing the above information, I hereby authorize and direct my clinician to insert the Nexplanon contraceptive implant.

**Patient signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Clinician signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

*[Patient sticker here]*