

Subdermal Contraceptive (Nexplanon®) Information Sheet

What is the implant?	The implant is a thin, plastic tube about the size of a matchstick. It is inserted under the skin of your upper arm.
How does it work?	It prevents pregnancy by releasing a small amount of progestin (a hormone).
Does it work well?	The implant works better than the pill, patch, ring, and shot. It is over 99% effective at preventing pregnancy.
How long does it last?	It is approved for 3 years, but many studies show that it is effective for up to 5 years!
Is it safe?	Yes
How is it inserted?	After numbing your skin, a medical provider inserts the implant under the skin of your upper arm. It only takes a few minutes and is done in the clinic.
How is it removed?	After numbing your skin, a medical provider makes a small cut to remove the implant. This also only takes a few minutes in the office. It can be removed at any time.
What are the side effects?	The implant causes periods to change. Most people have occasional spotting which may last until the implant is removed. A few people may experience headaches, acne, weight gain, and /or skin changes in the upper arm. Most side effects will go away after the implant is removed.
Can people see it?	Most cannot! You can feel it if you touch the skin over your implant.
How much does it cost?	Insertion usually costs \$400-\$800. Removal usually costs \$75-\$150. Most insurance plans cover the implant.
Does it protect against sexually transmitted infections (STIs)?	No! You should still use condoms every time you have sex to prevent infection.
Is it easy to get pregnant after the implant is removed?	If no other birth control is used, you can get pregnant immediately after implant removal.
Why should I get the implant?	It is safe, effective, easy to use, and most people will not even know you have it! It works on its own meaning you do not have to remember to use it like the pill, patch, ring or shot. It is also great for people that cannot use estrogen containing birth control because of medical reasons.

Before



After

