

## Important information

The contraceptive implant (Nexplanon) is a safe and effective method of contraception. It is suitable for almost all women and is easy to insert and remove.

It is now possible to have contraceptive implant fitted and/or removed at Valkyrie Surgery.



### What do I need to do

1. Please ask reception to **book a double appointment (20 min) with Dr Montgomery**: tell reception whether you want the implant fitted or removed.
1. **Read both sides of this sheet**: It gives information about how the implant is fitted and removed, as well as the benefits and possible side effects of having the implant. Further information can be found on NHS website ([www.nhs.uk](http://www.nhs.uk)) and on the Family Planning Association website ([www.fpa.org.uk](http://www.fpa.org.uk)).
1. Please **continue your current method of contraception** until your appointment for an implant fitting

## Is the implant suitable for me?

The implant is suitable for most women of all ages.

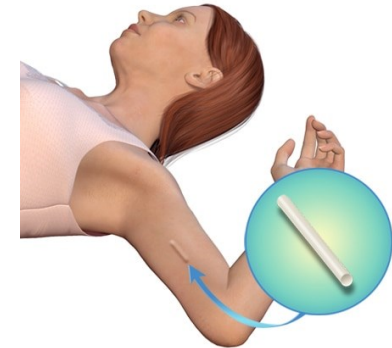
However, it may NOT be suitable for you if you are taking blood thinning medication, if you have a diagnosed bleeding disorder or if you are allergic to local anaesthetic or progestogen hormones.

If you would like to discuss whether it is suitable for you before getting it fitted, please book a routine appointment with one of our nurses or with Dr Montgomery.



## How is the implant put in? How is it removed?

The implant is inserted just under the skin of the inner upper arm. Inserting (or removing) the implant involves a simple minor surgical procedure, using a local anaesthetic.



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After insertion, you will have a small dressing on your arm for three days. Implant insertion can, in some cases, cause significant bruising: you may have a pressure bandage applied to reduce any bruising. Once healed, you will be left with a tiny scar on the inside of your upper arm where the implant is inserted and another tiny scar when it gets removed.

You can watch a video of an implant being inserted and removed at

<https://www.youtube.com/watch?v=opnXt3m2Nno>

***Before the procedure can take place you will be required to complete a consent form for Nexplanon Insertion.***

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# Contraceptive Implant



**The Valkyrie Surgery**