

SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH  
PERSONAL AND PREVENTIVE HEALTH SERVICES  
FAMILY PLANNING

**NEXPLANON® FACT SHEET**

Nexplanon® is a thin rod or tube containing progestin hormone. It is inserted under the skin of a woman's arm. Like other progestin-only birth control methods, it is safe to use for those women who cannot use a contraceptive containing estrogen.

**Effectiveness:**

- Nexplanon® is one of the most effective methods available. It is approximately 99% effective and comparable to sterilization. Nexplanon® protects from pregnancy for 3 years.

**Use:**

- The Nexplanon® is inserted under the skin of the arm using a very simple surgical procedure.
- The Nexplanon® is inserted at a time when the possibility of pregnancy is minimal. If you are not using a reliable birth control method, it would be inserted during your menstrual period.
- Once inserted, nothing further needs to be done until the time of removal.

**Discontinuation:**

- The Nexplanon® can be removed at any time the woman chooses by a simple surgical procedure. If at the end of 3 years a woman chooses to continue this method, another Nexplanon® can be inserted at the time of removal.
- Pregnancy can occur immediately after removal of the Nexplanon®. The hormone in the Nexplanon® is out of the body in one week.

**Benefits:**

- Nexplanon® is an effective, safe, reversible long term contraception
- May decrease long, painful periods
- May be effective in reducing pelvic pain related to endometriosis
- Does not contain estrogen and can be used by women who cannot use estrogen

**Side Effects:**

- The most common side effect reported by Nexplanon® users is irregular bleeding patterns. These usually decrease within the first few months but may continue into the third year of use.
- Amenorrhea (no periods) can occur.
- Mood swings
- Weight gain
- Acne
- Depression

**Risk/Complications:**

- Pain, irritation, swelling or bruising at the site of insertion
- Scarring, including a thick scar called keloid
- Infection
- Complications with removal due to breakage, scarring or a deeply inserted implant
- Rarely, expulsion of the implant

**Warning Signs:**

- Sharp, sudden, crushing chest pain
- Persistent pain in the back of lower leg
- Sudden severe headache, vomiting, dizziness or fainting
- Sudden partial or complete blindness
- Yellowing of the skin or whites of the eyes
- Severe pain, swelling or tenderness in the abdomen

**Remember, the Nexplanon® does not protect you against any sexually transmitted infections, so it is important to use condoms each time you have sex.**

01/07; Rev. 02/09; 11/11