

SAGINAW COUNTY HEALTH DEPARTMENT
PERSONAL AND PREVENTIVE HEALTH SERVICES
FAMILY PLANNING

NEXPLANON IMPLANT FACT SHEET

Nexplanon is a thin rod or tube containing the hormone progestin. It is inserted under the skin of a woman's upper 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. Insertion today is based on clinician approval.
- Nexplanon is effective within 7 days of insertion
- 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, and reversible long-term contraceptive
- 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.

PERSONAL HEALTH CENTER
989-758-3870

Visit our website: www.saginawpublichealth.org



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References: CDC. Medical Eligibility Criteria for Contraceptive Use. MMWR, 2016
Manufacturers FDA approved Patient Package Insert (PPI)
Quality Family Planning Services & Contraceptive Guidelines for Michigan Family Planning Providers (2023)