

## What is Nexplanon?

Nexplanon is a type of birth control for women. It is a flexible plastic rod the size of a matchstick that is inserted under the skin of your arm.

Nexplanon contains a hormone called etonogestrel. You can use a single Nexplanon rod for up to 4 years.

The implant is one of the most effective forms of birth control. Less than 1% of women who use the implant will get pregnant in a year.

## How does Nexplanon work?

Nexplanon helps to prevent pregnancy in several ways:

- It prevents the release of an egg from your ovary
- It changes the mucus in your cervix, and this change may keep sperm from reaching the egg.
- It temporarily changes the lining of your uterus, making it unsuitable for pregnancy.



## What are the advantages of Nexplanon as a method of contraception?

- Highly effective—Less than 1% of women who use the implant will get pregnant in one year.
- Long acting
- Does not require daily pill taking or regular injections.
- Reversible
- Can be used during breastfeeding
- Can be used in women who cannot use estrogen birth control.

## What are the most common side effects I can expect while using Nexplanon?

The most common side effect of Nexplanon is a change in your menstrual periods. You may have more bleeding, less bleeding, or no bleeding. The average bleeding is for 17 days in 3 months. This can be all together or a few days here & there.

The time between periods may vary, and in between periods you may have spotting.

Besides irregular bleeding, the most frequent side effects are:

- Mood swings
- Weight gain
- Headache
- Acne
- Depression

## Who should not use Nexplanon?

Do not use Nexplanon if you:

- Are pregnant or think you may be pregnant.
- Have, or have had serious blood clots, such as blood clots in your legs (deep venous thrombosis), lungs (pulmonary embolism), eyes (retinal embolism), heart (heart attack) or head (stroke)
- Have unexplained vaginal bleeding
- Have liver disease

- Have breast cancer, now or in the past
- Are allergic to something in Nexplanon

## Can I use Nexplanon when I am breastfeeding?

If you are breastfeeding and want to use Nexplanon, talk to your healthcare provider.

## What are the possible risks of using Nexplanon?

- You may have bruising, soreness or infection at the insertion site.
- The risk of pregnancy is low with Nexplanon but, if a woman does become pregnant, there is an increased risk of an ectopic pregnancy (pregnancy occurring outside of the womb).
- When you are using Nexplanon, tell all of your healthcare providers that you have Nexplanon. Interactions with other medications may make it less effective.
- You may have ovarian cysts
- Some women who use birth control that contains hormones may be at a higher risk of cardiovascular problems such as blood clots. This risk is lower with Nexplanon when compared to women who use other types of birth control that contain estrogen.

## What if I need birth control for more than four years?

You must have Nexplanon removed after four years. If you want to continue using Nexplanon, your healthcare provider can put a new Nexplanon under your skin after taking out the old one.

### What if I change my mind about birth control?

Your healthcare provider can remove Nexplanon at any time. If you want to become pregnant after Nexplanon removal, your ability to get pregnant may return quickly. If you don't want to get pregnant, you should start another birth control method right away.

### What if I become pregnant while using Nexplanon?

You should see your healthcare provider to have Nexplanon removed.

### Possible Nexplanon Reactions:

Call our clinic immediately or go to an emergency room if you have any of these symptoms. They may be signs of a serious problem:

- Severe chest pain or shortness of breath
- Severe leg or arm pain
- Severe abdominal pain
- Severe headaches
- Vision changes
- Heavy bleeding
- Severe depression

Nexplanon does not protect against infection from HIV (the virus that causes AIDS) or other sexually transmitted infections.

*If you have any questions or concerns, please call the clinic listed on the back of this brochure.*



## Sexual Health Clinic Sites

If you have any questions or concerns, please call the clinic.

### Westminster office

1401 W 122<sup>nd</sup> Ave  
Westminster, CO 80234  
**303- 255-6222**

### North Broadway office

7000 North Broadway #400  
Denver, CO 80221  
**303-439-5980**

For after-hours emergencies, call 911 or go to your nearest hospital.

### Adams County Health Department

<https://adamscountyhealthdepartment.org/sexual-health>

"This brochure was developed (in part) with federal funds from the Office of Population Affairs"

# What You Should Know About Nexplanon™

Etonogestrel Implant



**ADAMS COUNTY**  
HEALTH DEPARTMENT

Your Health. Our Mission.