



CONSENT TO INSERT or REMOVE NEXPLANON

- Nexplanon is licensed to have a contraceptive effect for three years after insertion. At or before 3 years it needs to be removed and replaced or another form of contraception used.
- Nexplanon is a highly effective form of contraception it is more than 99% effective.
- Side effects can be irregular bleeding that can persist for several months, it can be heavy, moderate or light.
- You may get an increase in spots, acne, bloating, headache or if you suffer from migraine it may increase episodes of migraine. There are other side effects and this can vary including mood changes.

Insertion

- On insertion it can take 7 days to be fully effective as a method of contraception, therefore another form of contraception needs to be used until then after fitting.
- On insertion a small amount of local anaesthetic is used to numb the area and the device is inserted using an introducer under the skin. Please let the clinician know if you have allergies to local anaesthetic or dressings.
- There is a low risk of localised infection please keep the area clean and dry for 5 days. Do not keep palpating the area as you may expel the device this is in the first 5 days until the skin heals.
- You may have a small scar at the insertion site.
- After insertion the clinician will ask that you feel the device is in situ. You should check periodically over the 3 years you have the device that it is palpable, if you cannot feel the device you should seek medical advice from your GP or family planning clinic. There is a low risk of the device migrating this is reduced by correct placement in the arm.
- You must not have any risk of pregnancy prior to insertion.

Removal

- A small dose of local anaesthetic is injected into the skin at the lower end of the implant to numb the area. When numb, a small cut is made through which the implant can be pushed to remove it.
- After removal, the hormone levels from the implant become undetectable within a few days. This means that without another method of contraception the patient can potentially fall pregnant soon afterwards.
- Steristrips are placed over the site of the cut to hold the skin edges together to allow healing. The area will need to be kept clean and dry for 5 days.

Main points to remember

- A pressure bandage will be placed over the wound to reduce the risk of bruising or swelling. This can be removed after 24 hours.
- There is a small chance of infection occurring at the wound. Please report redness/pus (rare)
- There will be a small scar that will fade in time.

Also if you have had a fitting remember the following advice -

- Please check that the nexplanon is in place periodically after insertion if it cannot be felt then seek advice from your GP or Family Planning clinic
- The device can migrate or be expelled so please ensure that you do not push the device or 'play' with it after insertion.

I have read the above and consent to the insertion/removal of the Nexplanon device as described

Additional contraception has been advised for seven days after insertion/removal/replacement of Nexplanon:

(delete if not applicable)

NAME CLIENT

SIGNATURE.....

EMIS NUMBER.....

DATE.....

CLINICIAN

NAME.....

DATE.....

Signature of Clinician performing the procedure.

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