

**West Timperley Medical Centre**

**ADVICE TO PATIENT BEFORE FITTING A CONTRACEPTIVE IMPLANT (NEXPLANON)**

It is very important that there is no chance of you being pregnant at the time the implant is inserted.

Please use effective contraception, or do not have sex from your last period, until the fitting. If you have had unprotected sex in the 3 weeks before fitting, we will not be able to go ahead and fit your implant at this visit.

If you are using condoms, please do so very carefully. If you have ANY unprotected intercourse in the 3 weeks before your insertion, we will not be able to fit your implant at this visit.

If you are taking the pill, continue to take it as instructed up until the day of fitting and for at least a week after.

If you already have an implant in place, and we are removing it and inserting a new device, please abstain from sex or use a condom reliably in the 7 days before the appointment.

If you have had a contraceptive injection, you will need to have your implant inserted before the injection runs out (14 weeks since the last injection) or abstain from sex or use an alternative method of contraception.

If you already have a coil in place, we would prefer to fit the implant before removing the coil. The coil can then be removed after 7 days. It is quite safe to have both methods running together.

If you are unsure about this information, please contact us on AskmyGP and we will contact you to discuss this.

You may find it helpful to watch this short video about the implant insertion procedure before you attend the appointment <https://www.sexualhealth.cnwl.nhs.uk/information-about-the-subdermalimplant/>

The implant takes 7 days to become effective, so we recommend you continue with alternative contraception for the first 7 days after it has been inserted. For example, use condoms, or if on the pill, take a further 7 pills after the insertion, and then stop.

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