

Nexplanon Insertion and/or Removal Consent & Post Care Instructions

I understand that Nexplanon is a kind of birth control implant that consists of one small flexible rod containing a form of the hormone progestin. It will be implanted just under the skin of my upper arm. I understand that Nexplanon can help me from getting pregnant for up to 4 years. After 4 years, Nexplanon is no longer effective and must be taken out. I can have another Nexplanon inserted at that time or start another method of birth control. I also know I can have Nexplanon removed at any time for any reason.

I understand there are benefits and risks associated with use of all forms of contraception including Nexplanon. I understand no contraceptive method is 100% effective, including Nexplanon. I understand that Nexplanon is more effective in preventing pregnancy than the pill. Nexplanon is not permanent. I can get pregnant after it is taken out. I understand Nexplanon might not be as effective if I take certain medications, like medications for seizures or the herbal remedy called St. John's Wort.

I am aware that women who use Nexplanon have changes in their menstrual periods. Some women spot or bleed more often, and some women bleed less or not at all. Spotting between periods is common. I understand that some women might also have weight gain, headaches or depression. I understand that Nexplanon does not protect me from sexually transmitted diseases, including the virus that causes HIV and I need to also use condoms to help protect me from infections.

I have been told what to expect when Nexplanon is put in and taken out. I am aware that I might feel some discomfort during and after these procedures. I have been told about the problems that might occur when putting in or taking out Nexplanon such as: allergic reaction to anesthetic; bruising or soreness around the insertion site; scarring; injury to nerves or blood vessels; or infection. After Nexplanon is put in, it could accidentally come out, though this is rare. I should check that it is in place by gently pressing my fingertips over the skin where the implant was placed.

Removing Nexplanon is a minor procedure that may be slightly more difficult than putting it in. When Nexplanon is taken out, it could break. Sometimes it takes 2 clinic visits before a Nexplanon can be taken out. Rarely, special procedures including surgery may be needed to remove the implant.

- Try not to bump the place where the Nexplanon was put in/taken out, for a few days.
- To make sure you don't get an infection at the site, please keep the large bandage on for 24-48 hours and keep it dry. Remove after 24-48 hours.
- Keep the little bandage strip on for 3 days, and keep it dry.
- After the incision has healed, you don't have to worry about bumping or putting pressure on it. You can do your normal activities.
- The Nexplanon, if put in within 5 days of the start of your period, is effective after 3 days. If this is not the case follow directions for using backup given to you by the clinic.

Use a backup method for _____ days.

I know to call the clinic or a healthcare provider if I:

- Want my Nexplanon taken out
- Severe changes in mood or energy such as feeling very sad all the time
- Have heavy bright red bleeding from the vagina that is more than a period
- Have a late period after my periods have been on time or think I may be pregnant
- Have pain, pus, bleeding or red skin where the Nexplanon was put in/taken out or the implant feels bent, broken or comes out

I know to call 911 or go to nearest emergency room if I:

- Have symptoms of allergic reaction: swollen face, tongue or throat; trouble breathing or swallowing
- Have very bad pain in the lower stomach or abdomen or lower legs
- Sharp chest pain or heaviness in the chest, shortness of breath or coughing up blood
- Have very bad headaches (unlike your usual headaches) or problems with my vision.
- Weakness or numbness in your arm, leg or trouble speaking

I should tell my healthcare provider I am using Nexplanon. I need to have regular medical check-ups and at any time I am having problems. The above information has been presented to me in oral and written form. I understand the information and my questions have been answered. I have a copy of the written patient information which gives more details about these and other risks and side effects.

Based on my knowledge of the above, I consent to having Nexplanon inserted removed removed and reinserted.

Client signature: _____

Date: _____

Provider signature: _____

Date: _____