

Where do I get a contraceptive implant?

Family Planning NT have doctors who are trained in contraceptive implant insertion and removal. Some other general practitioners, nurses and gynaecologists are also able to do this procedure.

Getting a contraceptive implant at Family Planning NT

The doctor or nurse will clean the skin and inject local anaesthetic under the skin with a small needle. This makes the area numb. The doctor then inserts the contraceptive implant just under the skin. They will put bandages on to keep it clean and dry and to help with bruising. The procedure takes 5-10 minutes.

How is the contraceptive implant removed?

The implant can be left in your arm for 3 years. It can be taken out earlier if you want to get pregnant or if you don't want to use this kind of contraception anymore.

The doctor or nurse will clean the skin and inject local anaesthetic under the skin with a small needle. This makes the area numb. The doctor makes a small cut and removes the implant through the skin. It does not normally need stitches.

Your periods will go back to normal very soon after taking the contraceptive implant out, and your ability to get pregnant comes back straight away.

For further information please call:
ph: (08) 89480144
or
visit www.fpwnt.com.au

Family Planning Welfare Association of NT
Head Office — Darwin
Unit 2, The Clock Tower,
Dick Ward Drive
Coconut Grove.
ph: 08 8948 0144

Palmerston Clinic
ph: 08 8948 0144

File: Global\pamphlets master coies\Contraception\Contraceptive implant updated March 2021

Family Planning
Welfare Association of NT Inc.

ABN: 38 812 238 738

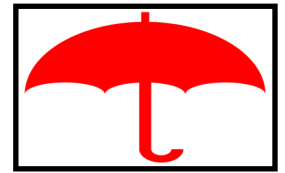
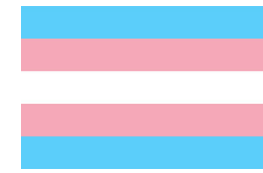
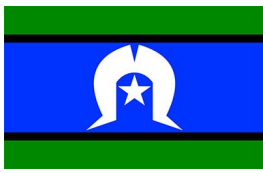
The Contraceptive Implant

Progesterone Implant (Implanon NXT®)



MISSION STATEMENT

Family Planning Welfare Association of NT Inc will advocate for and provide enhanced reproductive and sexual health and well being to all Territorians. This will be achieved through the provision of best practice clinical care and contemporary education and information services.



What is a contraceptive implant (Implanon NXTC®)?

The contraceptive implant is a small flexible rod about the size of a matchstick that stops you from getting pregnant. It is placed under the skin on the inside of the upper arm and can stay there for up to 3 years. The implant slowly releases a hormone called etonogestrel into the bloodstream. It does not contain the hormone oestrogen. The contraceptive implant available in Australia is called the Implanon NXT.



Advantages of the contraceptive implant

- It is very effective
- It protects you against pregnancy for 3 years
- It can be removed at any time and your fertility goes back to normal very quickly after removal
- Some people get very light bleeding or no bleeding at all when the implant is in place
- It usually makes periods less painful
- Once inserted you do not need to remember to take contraception daily
- It is inexpensive over the long duration of use
- It can be used safely while breastfeeding
- It can be used by most people who cannot take contraception with the hormone oestrogen

When will the contraceptive implant start working?

The contraceptive implant can be put in at any time. If it is put in during the first 5 days of your period it will start working right away. If it is put in at another time, it will take 7 days to start working. You will need to use another method of contraception like condoms for 7 days, or not have sex for 7 days.

Disadvantages of the contraceptive implant

- It doesn't protect against sexually transmitted infections (STIs)
- It will change your normal monthly period. You may have:
 - ~No bleeding at all
 - ~Light bleeding occasionally
 - ~Light bleeding often
 - ~Heavy bleeding occasionally
 - ~Heavy bleeding often
 - ~The bleeding pattern may take 6 months to settle down. You can talk to your doctor if you are unhappy with the bleeding pattern as there may be treatment to help control the bleeding
- It requires a procedure to put in and take out
- It can cause arm bruising when first put in
- It can have hormonal side effects including:
 - ~Headache
 - ~Nausea or bloating
 - ~Breast tenderness
 - ~Acne
 - ~Mood changes
 - ~Weight gain or loss
 - ~Lowered interest in sex

How does the contraceptive implant work?

- It stops ovaries from releasing an egg
- It thickens the mucus from the cervix (entrance to the womb) so that sperm cannot enter the womb

How well does it work?

It is 99.95% effective. That means that if 1000 people use the contraceptive implant for a year, only one person would become pregnant.