

**Call your health care provider right away if you:**

- Have unusually heavy bleeding;
- Feel like you might be pregnant or you miss a period after having regular periods;
- Have been diagnosed with angina, heart attack or stroke;
- Have a severe or migraine headache;
- Have severe stomach or abdominal pain;
- Have a breast lump;
- Have pus, bleeding, increased redness or pain where Implanon was inserted; or
- The implant came out or you can no longer feel it under your skin.

If you get crushing chest pain, are coughing up blood, have sudden partial or complete vision loss or other severe symptoms, call 9-1-1 or go to the nearest emergency room.

**Are there other things I should know about?**

- There may be bruising and tenderness for seven to 10 days after the implant is inserted.

**What if I want to have the implant removed?**

- A trained health care provider will remove the implant.
- Plan to use another birth control method right away. You can get pregnant soon after the implant is removed.
- Your periods may change to be more like they were before you had the implant.
- To continue using Implanon, a new rod can be inserted when the old one is removed.

This publication can be provided in another format for people with disabilities by calling the Women's and Reproductive Health Program at 971-673-0355. Available formats are: large print, Braille, audiotape recording, electronic format and oral presentation.

Funded in part by a US DHHS - OPA grant in compliance with informed consent requirements. Download this fact sheet at [www.healthoregon.org/fp](http://www.healthoregon.org/fp).

Women's and Reproductive Health Program, September 2008


**IMPLANON™**


## What is Implanon?

The birth control method Implanon is a thin, 2-inch plastic rod called an implant. A health care provider inserts the rod under the skin on the inside of your upper arm. It slowly releases a small amount of the hormone progestin for three years.

## How does it work?

### Implanon can stop:

- The release of an egg from the ovary;
- Sperm from getting into the uterus; and
- A fertilized egg from attaching to the uterus.

## How effective is Implanon?

- Implanon is over 99 percent effective.
- It works better than any other birth control method, even sterilization.
- It may be less effective in heavy or obese women.

## What are the benefits of Implanon?

- It lasts for three years.
- It does not have the hormone estrogen so it has fewer side effects than other methods.
- It is always there, so you do not need to remember to take it or use it each day.
- When Implanon is removed, you can get pregnant right away.
- Breastfeeding women can use it.
- The hormone dose is very low.
- You may have light bleeding or no periods with less cramping and fewer PMS symptoms.
- Implanon lowers your risk of endometrial and ovarian cancer.

## How do I use this method?

- Once implanted in your arm, Implanon is quickly effective.
- You need to use a backup birth control method for seven days.
- The implant must be removed in three years, but it can be removed sooner.
- Remember to have well-woman checkups as advised by your health care provider.
- Tell your health care provider that you are using Implanon at visits for illness, surgery and new medications.

## What are common Implanon side effects?

### Your periods will change. These changes are not harmful:

- Periods may not be regular and you may not know when you will have a period.
- Periods may stop.
- Your periods may be shorter or longer, lighter or heavier than usual.
- You may have spotting or bleeding between periods.
- Your bleeding pattern is likely to change over time.

### You may experience:

- Headache
- Ovarian cysts
- Weight gain
- Acne
- Mood swings, nervousness or depression

## Are there risks with Implanon?

- Implanon does not protect you from STDs or HIV. Use condoms.
- Your skin at the implant site may become discolored or scar.
- There could be pain, irritation, swelling, bruising or infection at the time of, or following, implant insertion.
- Implant removal could be difficult.