

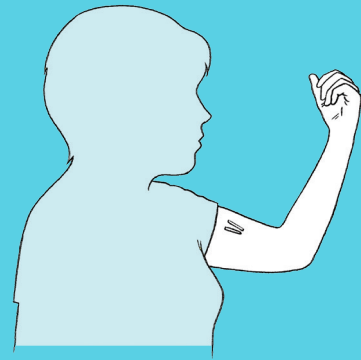
What are the advantages?

- Long acting – once inserted it will be effective for several years.
- Easy to use – there is nothing to do or remember once it has been inserted.
- Effective – it is extremely effective as a contraceptive.

What are the disadvantages?

- Your periods may change. While this can be annoying, it is not harmful and does not mean the implant is less effective. If your bleeding is a problem, we can provide treatment to help this.
- After the implant is put in, it can be sore or occasionally become infected.
- It needs to be inserted and removed by a nurse or doctor who has been trained.

An implant will not protect you against sexually transmissible infections (STIs). Condoms and lube are your best protection against STIs.



Contraceptive Implant

KUHINGA ĀRAI HAPŪ

1. The implant is one of the most effective forms of contraception.
2. It works well for many years.
3. Your bleeding may change.
4. If your bleeding is a problem, there are pills that can help.
5. Having it put in and taken out is usually simple.

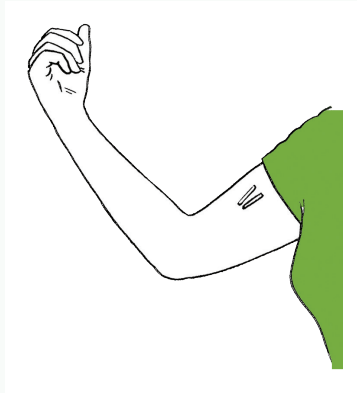


sexualwellbeing.org.nz

© Sexual Wellbeing Aotearoa (formerly Family Planning).
Developed 2018. Updated Jan2024.

What is it?

- The contraceptive implant is two small rods which are put under the skin in the inside of your arm. They are about the size of a matchstick and you can feel them under the skin.
- It slowly releases a hormone called progestogen.
- The implant will last up to 5 years.



How does it work?

The implant can stop your body from releasing an egg each month. It also thickens the mucus in your cervix so that sperm cannot get to an egg.

How well does it work?

The implant is more than 99% effective in preventing pregnancy. This means that only a few implant users out of a thousand will get pregnant each year.

What will I notice?

- Your periods may change. A few people have no periods, some have their normal periods and many have a change in bleeding pattern.
- The research does NOT show that the implant causes any change in weight, mood, headaches or libido.

How is it put in and taken out?

- You need to see a nurse or doctor who is trained to insert and remove the implant.
- A local injection is used to numb where the implant will go.
- The rods are placed under the skin.
- You will get a small scar each time an implant is put in or taken out.

Who can use it?

- The implant is suitable for most people, whatever their age.
- If you might forget pills or injection appointments or you have a medical reason that stops you using the combined pill, the implant could be a good choice for you.