

Nexplanon

Birth Control Implant

What to expect during the first few months



Photo: Merck

While your body is getting used to the implant, it's normal to have:

- **Bleeding.** You may have bleeding during the first 3-6 months after getting the implant. The bleeding could be heavy, like a period, or very light. This will get better with time. Keep panty liners in your bag. This way you're ready if you bleed when you don't expect to.
- **Soreness or bruising.** You may feel sore or get a bruise on your arm where the doctor puts the implant in. This should go away in a few days. If you want to hide the bruise, wear clothes that cover it until it goes away.
- **Changes in your body or mood.** Your body may feel different. You may notice that your moods are different too. This can happen as you get used to the hormones in the implant. Most people don't notice these changes after 3-6 months.

While you have the implant:

- **Your periods may change.** You may have shorter and lighter periods. Some people have spotting more often. You may not get a period at all while you use the implant. Every person is different.
- **Get it checked once a year.** Your doctor will make sure the implant is still in the right spot.

What else should I do after I get the birth control implant?



Photo: Bedsider

- **Use condoms for at least 7 days after you get the implant.** The implant doesn't work to protect you against pregnancy until you've had it for 7 days. If you have sex without a condom in the first week that you have the implant, come to the clinic for Plan B. Plan B can prevent pregnancy if you take it up to 5 days after sex. The sooner you take Plan B, the better it works.
- **Keep using condoms** even if you've had the implant for more than a week. Nexplanon is one of the best ways to prevent pregnancy, but it doesn't protect you against HIV or STIs (infections you can get from sex). Condoms also lower the chance of pregnancy even more.
- **Get tested for HIV and STIs every 6 months or before you have a new partner.**

It is rare to have problems with the implant. But call your doctor if:

- **your arm is red or extra warm, fluid is leaking from your arm, or you have a fever.** This may mean you have an infection.
- **the implant is coming out of your arm.** If the implant is starting to come out, it will not work as well to prevent pregnancy. Go to the doctor as soon as you can so they can fix your implant. Use another type of birth control, like condoms, until you see your doctor.

Talk to your CHN health educator or doctor if you have any questions.