

# THE IMPLANT

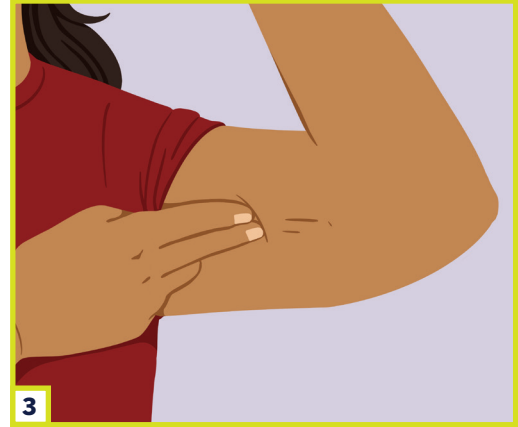
## HOW TO GET THE IMPLANT



The implant must be inserted by a healthcare provider. Sometimes the implant requires two visits, one for counseling and one to have your healthcare provider insert the implant.



To insert the implant, the healthcare provider will clean and numb the inside area of the upper arm. Once numb, the provider will use an insertion device to place the implant under your skin. You'll have to keep a bandage on the insertion area for 24 hours. Afterwards, it's normal to experience soreness or bruising for a few days.



The implant lasts at least 3 years. Occasionally check the placement of the implant under your skin to make sure it's in the same spot. Contact your healthcare provider if you cannot feel it. You can have it removed by a provider at any time.

### HOW IT WORKS

The implant releases progestin to prevent your ovary from releasing an egg. It also thickens cervical mucus and affects the lining of the uterus, preventing sperm from reaching an egg.

### HOW LONG IT LASTS

After you get the implant inserted, it lasts for up to 5 years.

### EFFECTIVENESS

Typically, **99%** of people don't become pregnant.

### STI PROTECTION

The implant does not protect against STIs. Be sure to use a barrier method.



### HOW TO GET IT

You need to make an appointment with a healthcare provider to have them insert the implant.

### COST

The implant costs between \$0–850. If you have insurance, it's typically low- or no-cost.

### VISIBILITY

Typically, people won't be able to tell you have the implant because it's under your skin. However, it can be felt if someone touches your arm. Right after the insertion, you may experience bruising or swelling that other people can see.

### ADDITIONAL INFORMATION

- Light or missed period
- Irregular bleeding
- Headaches
- Acne
- Weight gain
- Breast tenderness
- Redness, pain, bruising, infection, and swelling right after insertion

**If you notice any concerning changes, immediately reach out to your healthcare provider.**

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.



Learn more at [hellogreenlight.org/implant](https://hellogreenlight.org/implant)