



Quick facts

- The implant is a small device about the size of a toothpick that goes under the skin of the upper, inner arm. It takes only 30 seconds to get it implanted and is 99.9% effective in preventing pregnancy.
- The implant must be replaced every 3 years. You can choose to have the implant removed at any time.
- The implant is a progestin-only birth control method. The medicine in the implant is called etonogestrel.
- The medicine in the implant thins the lining of the uterus, which leads to less bleeding and cramps. It also stops ovulation and improves conditions caused by monthly changes in hormone levels.
- You will be able to feel the implant under your skin, but it shouldn't bother you or cause pain. People will not be able to tell that the implant is there.
- The implant may cause you to have irregular menstrual periods including having no bleeding or bleeding that is different. Many people experience this with the implant, and there are medicines to stop the bleeding if it bothers you.



PEDIATRIC AND ADOLESCENT GYNECOLOGY

The Implant

How do I get an implant?

- Once you decide that the implant is the right choice for you, call our office (720-777-2667) or use MyChart to schedule an appointment.
- At your visit, your doctor will review your health information, answer your questions and collect a urine sample.
- When it is time to place the implant, you will lay your arm on the table. Your doctor will numb a very small area of the inner, upper arm. Then the implant is placed under the skin.
- Your doctor will place a thin piece of adhesive tape over the skin and then wrap the arm with a bandage.

What do I need to do after the implant is placed?

- You can do all your normal activities after getting an implant.
- Take off the bandage wrapped around your arm at the end of the day but leave the adhesive tape in place.
- Put a new bandage over the adhesive tape for the first 2 to 3 days.
- Remove the adhesive tape 5 to 7 days after getting the implant. It is OK if it comes off sooner.
- You may get a bruise on your arm. This is common and will go away in a couple of weeks.
- Please contact our clinic if you have redness, pain or any questions at all.

83% of people with painful periods (dysmenorrhea) saw improvement with the implant



77%

Had their painful periods resolve

6%

Had a decrease in pain severity

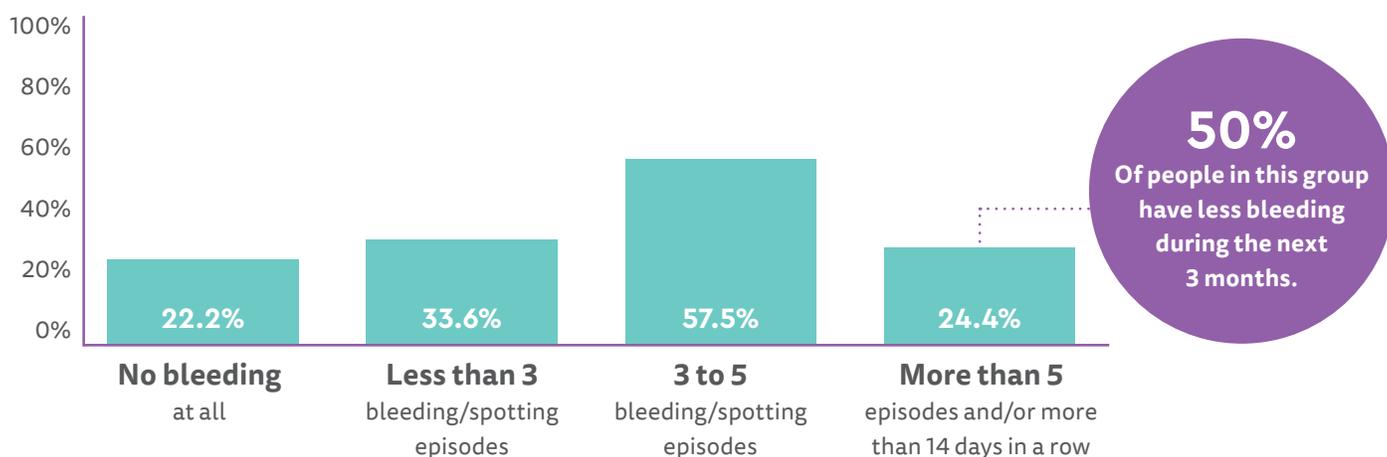
How should I keep track of my periods now?

- Irregular bleeding or no bleeding is common when using the implant. The bleeding pattern is very likely to be random, which means it may come or go at any time.
- If you want, you can use a menstrual tracking app or a paper calendar to mark the days that you have bleeding.

If I have irregular bleeding with the implant, what can I do about it?

- Start by keeping track of the bleeding. How much are you having and on how many days each week?
- Irregular bleeding with the implant is a normal side effect. If it is bothering you, please call 720-777-2667 or MyChart message the clinic, and we will talk about options to treat implant-related bleeding.

Bleeding pattern over any three-month period of time when using the implant



What about other side effects?

It is possible to have other side effects with the implant, but these are much less common than changes in menstrual bleeding. The implant does not cause weight gain, mood changes or acne for most users. There is no decrease in bone density and no increase in ovarian cysts. Please talk to our clinic if you have concerns about these issues before or after getting an implant.

What do I need to know when using the implant as birth control?

- It takes 5 days for the implant to be considered an effective method of birth control. Keep using your current method for at least 5 days after having it placed.
- The implant does not prevent sexually transmitted infections (STIs). Use condoms and get tested at least once each year.

Learn more

 childrenscolorado.org/Gyn

 720-777-2667



Children's Hospital Colorado
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