

IMPLANON NXT and you



This booklet is for people who have been prescribed IMPLANON NXT.

It will help answer some of the questions you may have about IMPLANON NXT.

The information in this booklet does not replace information provided to you by your doctor or nurse.

Talk to your doctor, nurse or pharmacist if you have any further questions.

Download the App

Verification Code: **implant**

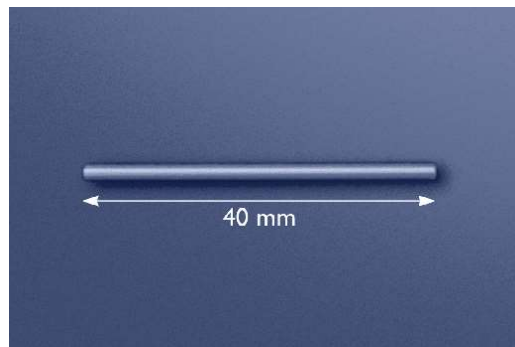
or search **selfplanon** on your App Store



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Introducing **IMPLANON NXT®**

IMPLANON NXT is a thin, flexible birth control implant that is inserted discreetly just under the skin on the inside of your upper arm.¹



IMPLANON NXT is a long-acting reversible contraceptive.



IMPLANON NXT is inserted just under the skin on the inside of your upper arm.

IMPLANON NXT continuously releases a contraceptive hormone to provide up to 3 years of contraception.¹ It is over 99% effective at preventing pregnancy, similar to the Pill. Unlike the Pill though, the effectiveness of **IMPLANON NXT** does not depend on having to take it every day.

A smiling couple embracing outdoors. The woman is in the foreground, wearing a blue patterned dress, and the man is behind her, wearing a dark blue shirt. They are both smiling and looking towards the camera.

How does IMPLANON NXT[®] prevent pregnancy?

IMPLANON NXT slowly releases etonogestrel, a synthetic hormone similar to progesterone, to prevent pregnancy in two ways:¹

- 1 It prevents the monthly release of an egg from your ovaries, thus preventing pregnancy.
- 2 It causes changes in the cervical mucus, making it difficult for sperm to enter the womb.

Before you have **IMPLANON NXT®** inserted

Who can use **IMPLANON NXT?**

IMPLANON NXT is a contraceptive option suitable for most women.

Your doctor will conduct a medical examination to make sure that hormonal contraception is suitable for you.

They will then help you to decide whether **IMPLANON NXT** is an appropriate choice.¹

It is very important for your doctor to make sure that you are not pregnant before inserting **IMPLANON NXT**.



Women who should not use IMPLANON NXT include those who:¹

- are pregnant or think they might be pregnant
- have a blood clot
- have or have had jaundice (yellowing of the skin), severe liver disease or liver tumours
- have unexplained vaginal bleeding
- have had or are thought to have cancer of the breast, ovary, womb or genital organs
- are allergic to any of the ingredients in **IMPLANON NXT.**

If these apply to you tell your doctor **BEFORE** IMPLANON NXT is inserted.

Tell your doctor about any other medicines or herbal preparations you may be taking

Some medicines, including complementary or herbal medicines, may stop **IMPLANON NXT** from working properly, such as medicines used to treat:¹

- epilepsy
- tuberculosis
- HIV, Hepatitis C virus or other infectious diseases
- high blood pressure in the lungs
- depression, including herbal remedies containing St John's Wort.

If **IMPLANON NXT** is left in place while taking these medicines, an additional non-hormonal contraceptive (such as a condom plus spermicide) should be used up until 28 days after stopping the medicine.

IMPLANON NXT may also interfere with how other medicines work.¹ Make sure your doctor knows that you are using **IMPLANON NXT** when you are prescribed other medicines. If you are admitted to hospital, do not forget to mention that you are using **IMPLANON NXT**.

For full details, please refer to the Consumer Medicine Information for **IMPLANON NXT** or talk to your doctor.

Using **IMPLANON NXT** after pregnancy

How soon after having a baby you can use **IMPLANON NXT** depends on your individual situation and if you are breastfeeding.

Most women who are breastfeeding may use **IMPLANON NXT**.¹ Although a small amount of the hormone in **IMPLANON NXT** passes over into breast milk, there is no effect on the production or quality of breast milk, nor the child's growth and development.¹

Consult your doctor for advice if you wish to use **IMPLANON NXT** after having a baby.

Inserting **IMPLANON NXT®**

When to insert **IMPLANON NXT**?

If you are not using any other method of hormonal contraception:

IMPLANON NXT is usually inserted during the first five days of your period.¹ No additional method of contraception is necessary if **IMPLANON NXT** is inserted at the right time in your cycle.¹

If you are using another method of hormonal contraception:

Your doctor will discuss with you the best time to have **IMPLANON NXT** inserted.

If **IMPLANON NXT** is inserted outside the recommended timeframe, you should use a barrier method (such as condoms) or avoid intercourse for the first 7 days after the implant is inserted.¹

It is very important for your doctor to make sure that you are not pregnant before inserting **IMPLANON NXT**.

How is IMPLANON NXT inserted?

IMPLANON NXT should only be inserted by a doctor who is familiar with the insertion and removal technique.¹ Check with your doctor before your appointment.

The procedure normally takes the same time as an injection:^{1,2}

- A local anaesthetic is used to numb the insertion site.
- **IMPLANON NXT** is inserted just under the skin on the inner side of your upper arm using a sterile applicator.
- An adhesive dressing will be put over the insertion site and a bandage will be put on your arm to minimise the risk of bruising. Keep the area around the bandage dry and clean for 24 hours and the dressing on for 3–5 days.

There may be some discomfort due to tenderness and bruising once the anaesthetic has worn off. If you are concerned, discuss this with your doctor beforehand.



Feeling for the implant

IMPLANON NXT is not likely to be visible, but you should be able to gently feel the implant with your fingertips.¹

After it has been inserted, your doctor will show you how to gently feel the implant to ensure it's there and so it can be located and removed in the future.¹

In rare cases, **IMPLANON NXT** may move from the site of insertion.¹ Avoid playing with the implant after insertion, as it may cause the implant to move away from its original position.¹

There have also been reports of bent or broken implants. If the implant bends or breaks while in your arm, it may make the implant harder to remove, but it should not affect how well it works.^{1,2}

If you cannot feel the IMPLANON NXT implant at any time, tell your doctor and use a barrier method of contraception (such as condoms) until your doctor has confirmed the presence of the implant.¹

Removing or replacing your **IMPLANON NXT®**

IMPLANON NXT may be removed at any time, but it must be removed or replaced no later than three years after insertion, or your risk of becoming pregnant will increase.¹

Only a doctor who is trained in the removal technique should remove your **IMPLANON NXT**.¹

Removal of the implant:^{1,2}

- A local anaesthetic is used to numb the area
- A small incision is made, and the implant is taken out
- After removal, a pressure bandage is applied to minimise the risk of bruising. There may be a small scar after the removal.

Removal may be complicated if the implant has moved from its original position or if it was inserted too deeply.¹ If your implant is not easy to feel under the skin, removal should be performed by a doctor who is skilled in the removal of a deeply inserted **IMPLANON NXT**.¹

Remembering when to remove your **IMPLANON NXT**

You should be provided with a small card stating the date your **IMPLANON NXT** must be removed.¹ If not, or you misplace your reminder card, contact the doctor who inserted your **IMPLANON NXT** and they will be able to advise you when you must have your **IMPLANON NXT** removed.¹

If you do not want to fall pregnant after **IMPLANON NXT** removal

If you do not want to fall pregnant after removal of your implant, a new **IMPLANON NXT** implant should be inserted or another form of contraception should be used immediately.¹

A new **IMPLANON NXT** can usually be inserted in the same place as your implant. Your doctor will advise you.¹

No additional contraceptive cover is needed if you are replacing your **IMPLANON NXT** immediately, but make sure you arrange to have a new implant available with your doctor beforehand.

If you want to have a baby after **IMPLANON NXT** removal

Once your **IMPLANON NXT** has been removed, your normal level of fertility is expected to return quickly.¹



Things you should do while using **IMPLANON NXT**®

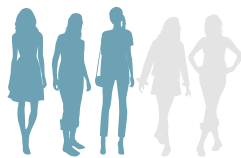
Be aware of changes in your menstrual bleeding pattern

As with other progestogen-only contraceptives, your menstrual bleeding pattern is likely to change when using **IMPLANON NXT**.¹

A change in your bleeding pattern when you start **IMPLANON NXT** does not mean that it is not providing contraceptive protection.¹



~1 in 5
reported no
bleeding at all
(periods stopped)¹



~3 in 5
reported bleeding
or spotting that
occurred as
often or less often
than normal¹



~1 in 5
reported frequent
and/or prolonged
bleeding or
spotting¹

Generally, the bleeding pattern that you experience during the first three months is broadly predictive of your future bleeding pattern.¹

Occasionally, women have experienced heavy bleeding. Consult your doctor if you suddenly experience heavy or prolonged bleeding.¹

Although irregular bleeding is a common side effect of **IMPLANON NXT**, it is still important to have regular check-ups as bleeding may be a rare symptom of other medical conditions.¹

Eat a healthy diet and exercise regularly

Regardless of your contraceptive choice, it is always important to get regular exercise and maintain a healthy diet.

Women who have used **IMPLANON NXT** have reported weight gain, but this can only be partly attributed to **IMPLANON NXT**.²

Watch for potential side effects

All contraceptive methods have side effects, including **IMPLANON NXT**. Side effects of **IMPLANON NXT** may include:^{1,2}

- acne
- breast pain
- irregular bleeding
- headache
- weight gain
- mood changes.

Your doctor will be able to answer any questions you may have about potential side effects. Further information can also be found in the **IMPLANON NXT** Consumer Medicine Information, which can be found in the **IMPLANON NXT** pack. If you experience any side effects while using **IMPLANON NXT**, consult your doctor or pharmacist.

Practice safe sex

Like all hormonal contraceptive medicines, **IMPLANON NXT** does not protect against HIV infection (AIDS) or any other sexually transmissible infections. Use condoms and other safe sex practices to protect you and your partner.¹

Visit your doctor regularly

Your doctor will ask you to return for regular check-ups. The frequency and nature of these check-ups will depend on your personal situation but should occur at least once a year.¹

**For further information please
discuss with your doctor.
You can also read the
Consumer Medicine Information
for IMPLANON NXT, which is
available from your doctor or
pharmacist, or found inside
your IMPLANON NXT pack.**

References:

1. IMPLANON NXT Consumer Medicine Information, January 2021.
2. IMPLANON NXT Approved Product Information January 2021.

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