



WHAT IS AN IMPLANON?

Implanon is a contraceptive device. It consists of a small plastic rod, which is inserted just underneath the skin of the upper arm, providing protection against pregnancy for the 3 years it is in place.

HOW DOES IT WORK?

The insertion of the Implanon works by slowly releasing a female hormone called progesterone into the blood stream. In doing so it does the following:

- stops ovulation (the release of the egg from the ovary every month).
- thickens the cervical mucus so that the sperm cannot enter the uterus (womb).

HOW IS AN IMPLANON INSERTED?

An initial 20 minute appointment is needed for you with one of our specially trained doctors to discuss if the Implanon is a viable contraceptive method. If suitable a prescription for the device will be given and a further 30 minute appointment should be made for the insertion. On the day of the appointment the Doctor places a small dot on the skin inside the upper arm where the device is to be inserted. After cleaning the area, a local anaesthetic is administered at the insertion site. Once this takes

effect the device is inserted. A dressing is then applied which can be removed after 24 hours. A common after effect is bruising and tenderness in the area for up to a week.

HOW IS AN IMPLANON REMOVED?

It is very important to ensure that the device is removed after the 3 years, as the contraceptive will no longer be effective. The removal of the implanon is done again in a 30 minute doctor's appointment by administering a local anaesthetic to the area and making a tiny incision in the skin. The device is then pushed through the excision site and grabbed by a small instrument and removed. A small mark can be left as a result.

WHY WOULD I CONSIDER IMPLANON?

- Effective and convenient – >99.9% effective in preventing pregnancy.
- A long term contraceptive

- solution – lasts for 3 years.
- Easily removed, making it a quickly reversible contraceptive solution and with a rapid return to fertility.
- Cost effective

OTHER FACTORS TO CONSIDER?

- Does not give protection against sexually transmitted diseases (STIs).
- May affect the menstrual cycle and pattern of bleeding including
- Change in bleeding frequency
- Irregular light bleeding
- Prolonged and or frequent light bleeding
- Prolonged and or heavy bleeding
- Hormone sensitive – some women experience headaches, weight gain, breast tenderness, mood changes and new onset acne.

We are a team of committed and experienced family doctors, nurses and support staff working together to set new standards in patient care and practice administration.

For information about all our services and our doctors, please visit www.cremornemedical.com.au

