

SANILAC COUNTY HEALTH DEPARTMENT – FAMILY PLANNING  
**NEXPLANON® FACT SHEET**

Nexplanon® is a thin rod or tube containing progestin hormone. It is inserted under the skin of a woman's arm. Like other progestin-only birth control methods, it is safe to use for those women who cannot use a contraceptive containing estrogen.

**The Sanilac County Health Department does not carry the Nexplanon®; however, we will refer this service out.**

Effectiveness:

- Nexplanon® is one of the most effective methods available. It is approximately 99% effective and comparable to sterilization. Nexplanon® protects from pregnancy for three (3) years.

Use:

- The Nexplanon® is inserted under the skin of the arm using a very simple surgical procedure.
- The Nexplanon® is inserted at a time when the possibility of pregnancy is minimal. If you are not using a reliable birth control method, it would be inserted during your menstrual period.
- Once inserted, nothing further needs to be done until the time of removal.

Benefits:

- Nexplanon® is an effective, safe, reversible long term contraception.
- May decrease long, painful periods.
- May be effective in reducing pelvic pain related to endometriosis.
- Does not contain estrogen and can be used by women who cannot use estrogen.

Discontinuation:

- The Nexplanon® can be removed at any time the woman chooses by a simple surgical procedure. If at the end of three (3) years a woman chooses to continue this method, another Nexplanon® can be inserted at the time of removal.
- Pregnancy can occur immediately after removal of the Nexplanon®. The hormone in the Nexplanon® is out of the body in one week.

Side Effects:

- The most common side effect reported by Nexplanon® users is irregular bleeding patterns. These usually decrease within the first few months, but may continue into the third year of use.
- Amenorrhea (no periods) can occur.
- Mood swings
- Weight gain
- Acne
- Depression

Warning Signs:

- Sharp, sudden, crushing chest pain
- Persistent pain in the back of lower leg
- Sudden severe headache, vomiting, dizziness or fainting
- Sudden partial or complete blindness
- Yellowing of the skin or whites of the eyes
- Severe pain, swelling or tenderness in the abdomen

**\* IF YOU EXPERIENCE ANY OF THESE SIGNS, GO TO YOUR NEAREST EMERGENCY ROOM**

Risks and Complications:

- Pain, irritation, swelling or bruising at the site of insertion
- Scarring, including a thick scar called keloid
- Infection
- Complications with removal due to breakage, scarring or a deeply inserted implant
- Rarely, expulsion of the implant

**REMEMBER, THE NEXPLANON® DOES NOT PROTECT AGAINST ANY SEXUALLY TRANSMITTED DISEASES, SO IT IS IMPORTANT TO USE CONDOMS EACH TIME YOU HAVE SEX.**

Visit our website: [www.sanilachealth.com](http://www.sanilachealth.com)



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