

Remember, the implant **does not protect you from Sexually Transmitted Infections or HIV.**

If you are looking for protection from STIs and HIV, both the internal and external condom are great options.



### HOW DOES THE IMPLANT WORK?

- The implant is a thin plastic rod about the size of a paper matchstick. It is placed under the skin of your upper arm.
- The implant releases a progestin, a hormone like one your body makes. While it is in your arm it stops your ovaries from producing eggs. Without an egg, you cannot get pregnant.
- No method of birth control is 100% effective. Less than one in 100 people using the implant for a year get pregnant.

### HOW DO I USE THE IMPLANT?

- After numbing your skin, a clinician inserts the implant under the skin of your upper arm. This takes a few minutes. It is done in the office or clinic.
- You should not get your upper arm wet until 24 hours after you had the implant inserted.
- It can be removed by a clinician at any time.

### WHEN DOES THE IMPLANT START WORKING?

- The implant starts to work 7 days after it is inserted. **Use a back-up birth control method for 7 days.**

### HOW LONG DOES THE IMPLANT WORK TO PREVENT PREGNANCY?

- The implant is FDA-approved for 3 years and works for up to 5 years. If you want to use it longer, you can get a new implant after 3-5 years.
- If you don't like it or decide to get pregnant, your clinician can remove the implant at any time.

### WHAT DO PEOPLE LIKE ABOUT THE IMPLANT?

- The implant is highly safe and effective.
- It contains no estrogen.
- You do not need a pelvic exam to get the implant.
- It's a great option for people who want to prevent pregnancy for a long time.
- You can remove the implant at any time.
- The implant is safe to use while breast/chestfeeding.
- You do not need to think about birth control before or during sex.

### HOW WILL THE IMPLANT AFFECT ME?

- The implant causes periods to change. Most people have frequent spotting that is hard to predict. You may have longer or shorter bleeding during your periods or have no bleeding at all. This is normal.
- The bleeding changes may last until you have the implant removed.
- The implant may cause cramps to improve.
- You may also have: mood changes, weight gain, headache, acne, and/or skin changes in the upper arm.
- Most side effects go away when you have the implant removed.
- After you remove the implant, you can get pregnant right away.

### CAN PEOPLE SEE THE IMPLANT IN MY ARM?

- Most implants cannot be seen, but you can feel it if you touch the skin over the implant.

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#### WHERE CAN I GET THE IMPLANT?

- At an appointment with a clinician.

#### IS THE IMPLANT SAFE?

- The implant is very safe. Serious problems are rare. If you have any of the following symptoms **within the first week** after insertion, call your clinician:
  - Redness, warmth, or drainage from your arm
  - Fever ( $>101^{\circ}\text{F}$ )
- If you have any of the following symptoms **at any time** while you have the implant in you, call your clinician:
  - Feeling pregnant (breast/chest pain, nausea, vomiting)
  - Positive home pregnancy test

