

Patient Information

Nexplanon (Contraceptive Implant) Before your removal appointment



When to book an appointment for an implant removal

If your implant has not expired (it has been in for less than 3 years), it can be removed at any time and you do not need to abstain from sex or use additional contraception before it is removed.

If your implant has expired (it has been in for more than 3 years) and you do not wish to become pregnant you should not rely on it for contraception. Please therefore speak to a healthcare professional about starting alternative contraception.

If your implant has expired and you are planning a pregnancy it is recommended that you do not start trying to conceive until your implant has been removed. This is because the implant may still be releasing a small amount of hormone and though the risk of this hormone affecting the pregnancy is low; its safety cannot be guaranteed.

Implant removal and re-fitting

If you are arranging to have an implant removed and a new implant fitted, this can be done on any day.

If your current implant is in date (it has been in for less than 3 years) then you will be protected immediately after removal and reinsertion of new implant.

However, if your current implant has expired (it has been in for more than 3 years) you should not rely on it for contraception. Please therefore use additional contraception or do not have sex until your new implant has been fitted and is effective (7 days after it is fitted).

Your appointment

Please try to avoid bringing small children or babies to your appointment. If this is not possible, please arrange to bring someone with you to care for them whilst you are undergoing your procedure.



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Please read the following important information about removal of the contraceptive implant:

- Once the implant is removed a woman's fertility and menstrual cycle returns back to normal for the individual very quickly.
- If you are planning a pregnancy it is recommended that you start taking folic acid and vitamin D before you stop using contraception.
- The implant is removed easily using local anaesthetic to numb the skin and then making a small cut in the skin.
- You are likely to experience some bleeding, bruising and a small scar at the removal site. These settle and fade quickly.
- There is a small risk of developing a skin infection at the removal site. It is important to follow the clinician's advice regarding care of your arm to minimise this risk.
- If you develop signs of a skin infection (skin redness, tenderness or swelling, pus from the wound or feeling feverish) you must see a healthcare professional promptly as you might need antibiotics.
- There is a very small risk of damage to nerves or blood vessels within the arm when your implant is removed. This is more likely to occur if your implant is deep or hard to feel within your arm.
- If your implant is deep or difficult to feel you will be referred to have your removal done within a specialist clinic to minimise the risk of complications. This might involve having an ultrasound scan of your arm to confirm the position of your implant.
- All the clinicians within this service have undergone specialist training in the fitting and removal of the contraceptive implant which reduces the risk of any complications occurring during either the insertion or removal of your implant.
- For further information on the implant please see:
<http://www.swindonsexualhealth.nhs.uk/outreach/resources>

Reference: <https://www.fsrh.org/standards-and-guidance/documents/cec-ceu-guidance-implants-feb-2014/>

Contact Sexual Health Services

Telephone: 01793 604038

Website: www.swindonsexualhealth.nhs.uk/clinics

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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