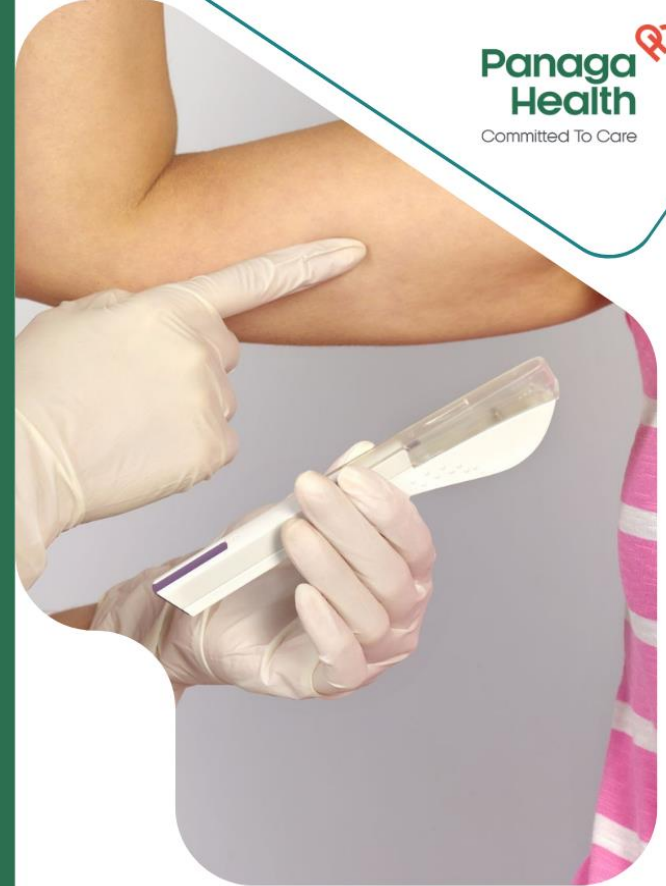


REMOVAL OF CONTRACEPTIVE IMPLANT

- On the scheduled day under aseptic precaution, local anesthesia is given under the distal tip of the implant.
- A nick is made at the site and the contraceptive implant is removed with artery forceps. A glustitch is then applied at the site to function as a wound closure tissue adhesive/glue.
- Pressure bandage will be applied to the forearm which should be left for 48 hrs.
- You may shower or bathe after 48 hours. Do not swim in chlorinated water (chlorine dissolves the glue).
- You may cover the site with band aid but do not apply any creams to it.
- If the skin glue begins to peel, do not pick on it. Allow it to fall naturally.
- The glue should be kept dry.
- If the wound starts to gap within 24 hours, please consult the clinic.
- If you wish to have another contraceptive implant inserted, it will be inserted at the same site as the previous one.



**For more information,
contact us at:**



+673 3372709 /
+673 3373033



+673 7295428
(WhatsApp text only)



phc@bsp-shell.bn



www.panagahealth.com



panagahealth

**FAMILY PLANNING PROCEDURES:
CONTRACEPTIVE
IMPLANT**

WHAT IS A CONTRACEPTIVE IMPLANT?

It is a long-term birth control method that works by implanting a hormone that stops ovulation (i.e. when your ovary releases an egg). The implant prevents pregnancy over 99% of the time and lasts for up to three years.

The contraceptive implant is a small flexible plastic rod that is placed under the skin of your upper inner arm. It releases a low, steady dose of the hormone progesterone into your bloodstream. Besides pausing ovulation, it also thickens the cervical mucus to prevent sperm from reaching the egg and thins the lining of the womb to prevent an egg implanting.

Advantages:	<ul style="list-style-type: none">• It is reversible. If your plans change, the implant can be taken out any time by a trained healthcare provider• You do not have to think about contraception for as long as the implant works• On removal, your normal level of fertility will return
Disadvantages:	<ul style="list-style-type: none">• Periods are often irregular, much longer or stop for at least a year• Some women gain weight• Headaches• Acne• Mood changes

CONTRAINDICATIONS

- Allergy to etonogestrel (synthetic progesterone)
- Already pregnant
- Have history of liver disease/tumors, stroke, heart disease, breast cancer or undiagnosed vaginal bleeding

INSERTION PROCEDURE

- On the scheduled procedure day, a urine pregnancy test will be done to confirm that you are not pregnant and that you are not having your periods on the day.
- The contraceptive implant will be inserted in the upper forearm on the left if you are right-handed and vice-versa.
- A local anesthetic is administered to the skin of the upper arm.
- A band aid with povidone ointment will be applied at the site of insertion, followed by a pressure bandage applied around the arm at the site of insertion.



POST-INSERTION CARE

- Leave the bandage on for 48 hours.
- Do not get the bandage wet.
- You will be able to feel it if you press your fingertips over it.
- There could be bruising at the site which will go off in a few days. This is normal.
- Consult a doctor if there is pain and redness at the site of insertion.
- You will need to use a backup birth control for 5 days after the insertion.
- You will be given a card when your contraceptive implant is placed. This will remind you when it expires.