

Appointments 510/642-2000  
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## Nexplanon®

### Etonogestrel Subdermal Implant

Nexplanon® is a highly effective, reversible birth control implant that can be used by people to prevent pregnancy for up to three years at a time.

Note: New research shows that the Mirena IUD and Nexplanon implant may work for longer than we thought. There were no pregnancies among almost 300 people who kept their implant for 5 years (two years past the expiration date); and researchers demonstrated that the concentration of hormone remained at high enough levels to prevent pregnancy.

The Nexplanon® implant is a small flexible plastic rod - about the size of a matchstick - which is placed just under the skin of the inner side of the upper arm in a brief procedure by your healthcare provider. It steadily releases a small amount of progesterone (one of the hormones in the birth control pill) over time. It also contains a small amount of barium sulfate, which allows it to be more easily seen by X-ray or ultrasound.

Nexplanon® works by preventing ovulation (the release of an egg from your ovary), thickening the mucous of the cervix, and thinning the lining of the uterus, which interferes with sperm's ability to travel to and fertilize an egg. Each of these changes will return to normal after the implant is removed, which means that Nexplanon® does not interfere with your ability to get pregnant in the future, after you've had your implant removed.

Nexplanon® is over 99% effective at preventing pregnancy starting one week after insertion, which means fewer than 1 person out of 100 who are using Nexplanon® will get pregnant each year. If you wish to continue using Nexplanon® for longer than three years, it is safe and effective to have one implant removed and another placed in the same visit. And while Nexplanon® is effective for up to three years, if you're unhappy with your Nexplanon®, you can always choose to have it removed sooner.

#### **You should not use Nexplanon® if:**

- You are pregnant, or think you could be pregnant
- Have liver disease, or a liver tumor
- Have unexplained vaginal bleeding
- Have a history of breast cancer, or other progestin-sensitive cancer
- Are allergic to anything in Nexplanon or Lidocaine

#### **What is the process for obtaining Nexplanon® at UHS?**

Nexplanon® is inserted and removed by a clinician during a clinic appointment. You will need at least 2 appointments. During the initial appointment your clinician will determine if you are a good candidate for Nexplanon®, a detailed consent will be reviewed, and STD and pregnancy tests will be completed if indicated. Another appointment will be needed for the actual insertion.

The cost of the Nexplanon® implant, insertion, and removal are all covered by SHIP, at very low cost to the student (please check with the UHS Cashier at 510-642-8448 for copay details).

### **How is Nexplanon® inserted and removed?**

The day of your Nexplanon® insertion appointment, we will ask you to go to the Laboratory on the first floor at UHS for a urine pregnancy test.

At the time of your appointment, your clinician will start by cleansing the insertion area on the inner aspect of your upper arm with an antiseptic solution called Betadine, and will then inject a small amount of medication (a local anesthetic) just under the skin before inserting the Nexplanon® implant using a small insertion device. Your clinician will then place a bandage over the insertion site. You will need to keep the implant site dry for the first 24 hours after insertion (no showers, no swimming).

The implant is removed during a similarly brief office procedure using an antiseptic, local anesthesia, and instruments to remove the implant through a very small skin opening in the skin.

After the implant insertion and removal procedures, it is common to experience temporary skin bruising, which will resolve with time.

You should always be able to feel the implant under the skin of your upper arm. If for any reason you have trouble feeling your implant, please use a backup method of birth control until your healthcare provider has been able to locate and confirm that your implant is in place. There have been rare cases of implant migration to other sites in the body: if your implant migrates or is placed too deeply, imaging

### **What are some common side effects with Nexplanon®?**

The most common side effect of Nexplanon® is a change in menstrual bleeding patterns, which may range from an absence of any menstrual or vaginal bleeding at all, to frequent and unscheduled bleeding and spotting. Some bleeding irregularities may improve over the first few months of use; however, about 1 out of 10 people who choose Nexplanon® decide to have their implant removed early because of bleeding pattern changes. There is no decrease in contraceptive efficacy in patients with irregular menstrual bleeding.

Other potential side effects of Nexplanon® use may include mood swings, headaches, acne, and weight gain; but these are uncommon. Rarely do people have their implant removed because of these concerns.

### **Nexplanon® does not protect against sexually transmitted diseases**

Nexplanon® is very effective in preventing pregnancy, but it does not protect you from STIs. Using condoms will reduce your risk of STIs such as herpes, chlamydia, gonorrhea, or HIV.

For more information, or if you experience problems with Nexplanon®, please visit our website at [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu), call 642-2000 for an appointment, or call the Advice Nurse at 510-643-7197. If you have an urgent need, go the Urgent Care Clinic during clinic hours; after hours, if you have SHIP insurance, go to Alta Bates Medical Center. Call your medical provider if you do not have SHIP.

Check our website: [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) to learn more about this medical concern or others.  
For an appointment [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) or call 510-642-2000 Advice Nurse 510-643-7197 for advice