



Planned Parenthood
of the North Country New York, Inc.

Visit Instructions: Hormonal Implant Insertion (Nexplanon)

Important Considerations Before Your Appointment:

- In order to have the Nexplanon inserted you cannot have unprotected sex for two weeks prior to your appointment.
- If you are using a hormonal birth control method like the pill, patch, ring or Depo-Provera (“The Shot”), please make sure to continue to use it until your Nexplanon insertion.
- If you do not use a hormonal method: Please abstain from unprotected intercourse from the time your menstrual period starts until the IUD insertion.
- Please eat or drink something before your visit. **DO NOT FAST.**
- You will receive a pregnancy test prior to your insertion. Please do not urinate one hour prior to the visit.

For Your Visit:

- Payment is expected at the time of service (cash, credit card, money order or personal checks). If you are using a credit card you will need to provide photo ID. If someone will be making a payment on your behalf they should be there with you and also prepared to present photo ID.
- Please bring **valid photo identification** and, if you have insurance, **a hard copy of your insurance card**, to present when you check in for your appointment.
- We ask that you **do not bring children with you to your appointment** – for their safety, children cannot go into the back office.
- If you are running late, call us, so that we can provide you with your options for the day. If you are late, we do reserve the right to reschedule.
- Please let us know 24 hours in advance if you need to cancel or reschedule your appointment.