

## Nexplanon Insertion

- In order to have the Nexplanon inserted, you cannot have unprotected sex for 5 days prior to your appointment.
- If you are using a hormonal birth control method such as the Pills, Patch, Ring or Depo Shot please make sure you continue to use it until you come in and have the IUD inserted.
- Please eat or drink something before your visit.
- Take 800 mg of Ibuprofen 30 minutes before your appointment.
- Remember to bring a valid PHOTO ID. Anyone entering the building will need a photo ID.
- If you have insurance bring your insurance card to your visit.
- Payment is expected at the time of service. We accept cash & credit card as long as the cardholder is present. (Visa, Mastercard & Discover.) **NO CHECKS.**
- If you are running late, call us so we can give you your options for the day.
- If you bring any children, they must be accompanied by another SEPARATE responsible adult (at least 18 years old) at all times in the waiting area. Children will not be allowed in the exam room.
- Please let us know 24 hours in advance if you need to cancel or reschedule your appointment.