

**IMPLANT**

Planned Parenthood Northern California 1-925-676-0300

**What is the implant?**

The implant goes under the skin of your arm. It is a thin, matchstick-sized rod. It is made of plastic and the hormone progesterin. It is like the hormone made by your body. This hormone keeps you from getting pregnant in 2 ways:

- It keeps eggs from leaving the ovaries.
- It makes cervical mucus thicker. This keeps sperm from getting to the eggs.

It is good for up to 4 years.

**Before getting an implant, you need to know the most common benefits, risks, side effects, and other choices you have. We are happy to answer any questions you have.**

**What are the benefits of the implant?**

- There's nothing you have to do before sex to make the implant work. Being able to get pregnant comes back quickly after removing the implant.
- It protects you from
  - Pregnancy in the tubes
  - Bad cramps

**How well does the implant work?**

- For every 100 people who use the implant for a year, only 1 will get pregnant.

**What are the risks of the implant?**

You may get

- Discoloring or a scar on your arm where the implant goes in
- Rarely, arm pain for longer than a few days
- Rarely, an infection or pain in the arm that needs medicine
- Very rarely, an implant may move from the place where it was put in.

**What are the side effects of the implant?**

You may have

- Nausea (feeling sick to your stomach) — usually clears up in 2 or 3 months
- Sore breasts — usually clears up in 2 or 3 months
- Headache
- Irregular bleeding — including early or late periods, spotting between periods, or no periods
- Weight gain
- Soreness, bruising, or swelling for a few days after the implant is put in

## IMPLANT

**Besides an implant, what other choices do I have?**

There are many other methods of birth control. We can talk about any of these options with you, and help you with whatever you decide to do.

**Can I use the implant?**

Women with certain health problems can't use the implant. Talk with your doctor or nurse about your risks and health problems. It will help you to decide if the implant is right for you.

**How is the implant put in?**

- The skin of your upper arm is made numb with a shot of numbing medicine. Then a doctor or nurse places the rod just under the skin through a needle. It takes a few minutes.
- The best time to have the implant put in is when you are sure you are not pregnant. You may be told to use a backup method of birth control for 7 days after your implant is put in.

**How is the implant taken out?**

The implant can be taken out any time you want. It must be removed by a doctor or nurse. It takes longer to take out the rod than to put it in. It may be harder to take out the rod than to put it in.

**What else do I need to know?**

- Read the package insert that comes with it. The information may be different than ours. Let us know if you have questions.

**The implant**

- May not work quite as well for women who are taking certain other medicines, including herbals like St. John's wort and some that are used for TB, seizures, mental disorders, or HIV/AIDS.
- May affect the other medicines you take. Always tell your doctor or nurse about your medicines.
- Does not protect you from sexually transmitted infections.

You will be given instructions on caring for yourself after your implant is put in and information on when to come back to us if you're having a problem.

No promise can be made about the outcome of putting in your implant. In the unlikely event that you need emergency medical care that cannot be provided at Planned Parenthood, you will be responsible for paying for it. This is the case even if Planned Parenthood sends you to a hospital because of a problem.

**Your health is important to us.** If you have any questions or concerns, please call us. We are happy to help you.

\_\_\_\_\_  
Signature of Patient (and person authorized to sign for patient when required)

\_\_\_\_\_  
Date

Relationship to Patient:  self  parent  legal guardian  other \_\_\_\_\_

I witness that the patient received this information, said it was read and understood, and there was an opportunity to ask questions.

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date