



Contraceptive implant

WHAT YOU NEED TO KNOW

Contraceptive implants recently became available in Canada but have been used in most countries around the world for several years.

What does the contraceptive implant look like?

It looks like a small rod, about the size of a match, measuring 4 cm long by 2 mm in diameter. It contains 68 mg of etonogestrel, a synthetic derived progestin contraceptive also used in some birth control pills and in the contraceptive ring.

How does it work

The contraceptive implant releases a small amount of hormone continuously (on a daily basis) to prevent ovulation.

Who it is for

- Any woman who wants an effective method of birth control without worrying about having to take it regularly.
- The implant is also a good choice for women who don't want to or can't use birth control containing estrogen.
- The implant is compatible with breastfeeding since it doesn't affect the milk supply.

Contraindications

- The implant can be used by almost all women, except for pregnant women, women who are being treated or have been treated for breast cancer, and women with severe liver disease.

Procedure

Only a trained health professional can insert the implant and only after making sure the woman is not pregnant. It is inserted under the skin, on the inside of the non-dominant arm.

Efficacy

- The pregnancy rate with the contraceptive implant is very low since it prevents ovulation and there is no risk of forgetting.
According to Health Canada, the contraceptive implant is 99.95% effective for 3 years, and even up to 5 years according to The Society of Obstetricians and Gynaecologists of Canada.
- The implant is effective **7 days after it is inserted.**
- Fertility will return immediately after it is removed.





Important

Side effects

The most common side effects are menstrual cycle disruptions (irregular, missing, or heavier periods).

Other, less common side effects are:

- slight weight gain
- increased acne
- mood swings (emotional lability)
- headaches
- breast pain

Cost

The contraceptive implant is now covered by the Régie de l'assurance maladie du Québec.

Procedure (continued)

The insertion site will be numbed with local anesthesia. It only takes a few seconds to insert the implant using a specially designed applicator. The doctor or nurse will then ask you to feel around for the implant to make sure you know where it is; you will have to wear a dressing for 3-5 days and a compression bandage for the first 24 hours.

Removal

The implant can be removed at any time. The doctor or nurse will first locate the rod, then numb the area with local anesthesia. After making a small incision, they will then grasp and remove the implant using small forceps. You will have to wear a dressing for 3-5 days and a compression bandage for the first 24 hours.

Complications

Bruising, pain, or a mild skin infection on the arm can occur after insertion or removal. In rare cases, when the implant was inserted too deeply, it may be harder to find. But because it's radiopaque, it can be located quickly by X-ray or ultrasound and removed by an experienced health professional.

Deciding what's best for you

Talk to a health professional. They will be able to answer all your questions to help you choose the method of contraception that's right for you.

Contraceptive implants recently became available in Canada but have been used in most countries around the world for several years, which means they come with **very few health risks and a very high efficacy rate**.



Appointment

Date: _____ Time: _____

Location: _____