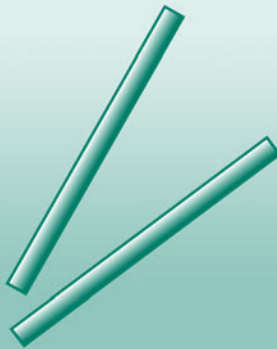


Hormonal Implants





Hormonal Implants

General information:

- Are small rods or capsules (about the size of a matchstick) put under the skin.
- Provide long-term protection from pregnancy for 3 to 7 years. Length of protection depends on the implant.
- A trained provider must insert and remove implants.
- Safe for women who are breastfeeding. You may get implants 6 weeks after giving birth.
- Often cause changes in monthly bleeding.
- Safe for a woman with HIV/AIDS, even if she takes antiretroviral (ARV) medicines.
- Do not protect against sexually transmitted infections (STIs), including HIV.

Effectiveness for pregnancy prevention: Pregnancy rate in first year of use is:

- Less than 1 pregnancy per 100 women (1%)
- Long-term effectiveness by type, depending on weight of user:
 - Jadelle – after 5 years use, about 1 pregnancy per 100 women
 - Implanon – after 3 years use, less than 1 pregnancy per 100 women
 - Norplant – after 7 years use, about 2 pregnancies per 100 women

Important: Heavy women may want to replace their implants sooner.

Implants start to lose effectiveness sooner when:

- For Jadelle – women weigh 80 or more kilos
- For Norplant – women weigh 70 or more kilos

How method works:

- A trained provider inserts the implants under the skin, usually on the inside of your upper arm.
- The implants slowly release a hormone (progestin). Progestin makes the mucus around the cervix thick. This stops sperm from meeting an egg.
- This hormone also prevents the release of eggs from your ovaries (ovulation).

Important facts:

- One of the most effective and long-lasting methods.
- Must be inserted and removed by a trained provider.
- Can help reduce anemia.
- Do not interfere with sex.
- May be difficult to obtain locally.
- Do not protect against STIs, including HIV.
- Use condoms (male or female) to protect against STIs, including HIV.

Method not advised if you:

- Are breastfeeding a baby less than 6 weeks old.
- Have certain uncommon serious diseases of the heart, blood vessels or liver, or breast cancer. Discuss with your provider.
- Take medicine for seizures or take rifampicin.

Side effects:

- During the first several months, common side effects include:
 - Lighter monthly bleeding and fewer days of bleeding.
 - Irregular monthly bleeding that lasts more than 8 days.
 - Infrequent monthly bleeding or no bleeding (amenorrhea).
- After about 1 year, common side effects include:
 - Lighter monthly bleeding and fewer days of bleeding.
 - Irregular monthly bleeding or infrequent bleeding.
- Implanon causes less irregular monthly bleeding lasting more than 8 days than Norplant and Jadelle. But, Implanon is more likely to cause infrequent monthly bleeding or no bleeding at all.
- May cause headaches, abdominal pain, breast tenderness, or other side effects.
- These are common and not signs of illness.

How to use:

- A trained provider gives you an anesthetic in the arm to prevent pain. S/he inserts the implants just under the skin.
- The procedure takes only a few minutes. You are fully awake during the procedure. You may feel some tugging, pressure, or slight pain when the provider inserts the implants.
- After the procedure, get the following information from your provider:
 - Type of implant
 - Date of insertion
 - Month and year when they need to be removed or replaced

Follow-up:

- Keep the insertion area dry for 4 days.
- Your arm may be sore for a few days. You may also have swelling and bruising at the insertion site.
- This is normal. It will go away without treatment.

Return to the health care facility any time if:

- You have any heat, pus, or redness at the insertion site that gets worse or does not go away.
- You see an implant coming out.
- You have any questions or problems.
- It is time to replace the implants (before they lose their effectiveness).
- You want to have the implants removed.
- You have gained a lot of weight. Implants may not protect you from pregnancy as well if you weigh more than 70 kilos.
- You develop any health problems.
- You think you may be pregnant.