



What You Need to Know About Nexplanon

NEXPLANON is a single flexible plastic rod the size of a matchstick that is inserted under the skin of your arm in an in-office procedure. It is 99% effective in preventing pregnancy and lasts 3 years.

Positives: Convenient birth control without daily/weekly reminders of pills/patches/rings/or shots. It is covered by many insurance plans. Nexplanon contains no estrogen and therefore does not negatively affect a woman's ability to nurse. Nexplanon has been used in over 30 countries since 1998 with approximately 2.5 million implants prescribed.

Negatives: Bleeding patterns are often IRREGULAR AND UNPREDICABLE when using Nexplanon. Many women can have episodes of lighter cycles or skipped cycles but they may then have episodes of frequent spotting and prolonged bleeding. There was an 11% discontinuation rate for bleeding irregularities in one large study of Nexplanon. The other reasons for having Nexplanon removed were: weight gain (2-4lbs in 2 years), moodiness, headache, acne and depression, but these occurred in only 1-2% of users; 98% did not have these side effects. It is not known if it is as effective in overweight women (>130% of ideal body weight or BMI>27.3).

If you would like more information, please schedule an appointment with one of our Nurse Practitioners to discuss the insertion, removal procedures and go over your individual medical history to see if this is the right contraceptive choice for you. A second appointment will be made for the actual insertion.

What to Expect at Your Nexplanon Insertion and Aftercare

A 30 minute office appointment is scheduled for the insertion. Please check with your insurance carrier before the appointment to insure NEXPLANON is a covered option for you or you are willing to pay for the device and procedure.

It is best to insert during the first five days of your menstrual cycle if you are not currently using a hormonal contraceptive (pill, IUD, patches, Nuvaring, DEPO Shot). If you are using one of these methods and NEXPLANON can be inserted during the patch, ring or pill free week or when the IUD is removed, or when the next shot is due.

If you are not using any of the above methods we ask that you use adequate contraception or abstain from intercourse for 2 weeks before the appointment and use a back up method of

contraception for the 7 days after insertion.

You will need to lie on an exam table with your arm up next to your head while the skin is cleaned with a cleansing agent, a tiny needle is used to numb the area where the NEXPLANON is going to be inserted.

Aftercare

A small steri-strip type band aid will be applied to the insertion site (no stitches). Then, a pressure dressing (a small folded piece of gauze and second piece of gauze is wrapped around arm) will be applied. This should stay on 24 hours. The small band aid can be removed after 3 days (or replaced after showering with a fresh one.) The steri-strips should be left in place until they come off on their own (or in a week if not already off.) Please keep the area clean and dry.

There may be bruising at the insertion site. You should call if you develop significant pain, swelling, or discharge at the insertion site or fever. You may be able to feel the device under the skin but do not "poke" at it for the first week.

The device can be removed at any point in your cycle and will take a tiny incision (no stitches) but must be removed at the end of three years. Please keep the card you are given with the date inserted and lot number in a safe place.

Remember it is very common to have a change in your bleeding pattern with the NEXPLANON.

Codes

Procedure Codes	Estimated Charges
NEXPLANON CODE: J7307	\$900.00*
INSERTION CODE: 11981	\$232.00*

Please contact your insurance company to verify that your policy will cover these procedure codes.

*Prices are estimates and are subject to change.