

Preparing for the subdermal implant (Nexplanon) fitting and/or removal procedure

We are keen to make your clinic visit as easy as possible. It is important that you have read all the information and are suitable for the procedure on the day you come.

Please tick the boxes to confirm that you have understood and agreed to the following, and bring it with you when you come for the procedure.

- I have read the information on SDI online on www.nhs.uk or I already have an SDI and am familiar with the method
- I know that it is intended to prevent pregnancy. It lasts 3 years, unless removed earlier, with a rapid return to fertility once removed.
- I know that it is usually fitted, with local anaesthetic, under the skin of the upper arm leaving only a tiny scar (generally less than 5 millimeters). Some discomfort/bruising may occur at the insertion/removal site which may last a few days. I understand that a bandage will be applied and I need to wear it for 24 hours.
- I know that a change in monthly periods is to be expected. There may be no bleeding, or more commonly irregular bleeding which rarely may be prolonged. Changes in the bleeding pattern can happen at any time during the lifespan of the implant. If bleeding is a problem you will be offered tablets to treat this first, rather than immediate implant removal.
- I understand that there is a very small chance (less than 1 in 1,000) of pregnancy. There is no evidence that the implant will affect the development of a pregnancy.
- I understand that it is not safe to insert an SDI if I might be pregnant.* I am using an effective method of contraception and haven't had any problems (e.g. burst condom, missed pills, SDI overdue for change). I have not had unprotected sex (or used withdrawal) since my last period.
- I will bring the implant with me to my appointment (this is essential).**

Removal:

- I understand that local anaesthetic is needed to remove the implant. The removal will leave a small scar (generally less than 1 centimetre long).
- I understand that very rarely (less than 1 in 100) it may **not** be possible to remove the implant under a local anaesthetic. In this case the implant may need to be removed in a different clinic, by an experienced doctor using ultrasound guidance. The scar may be longer. Occasionally a general anaesthetic may need to be arranged.

Following removal the area should be kept clean and dry for 5 days before soaking the arm in the bath or shower to allow easy removal of steri strips.

- I understand that fertility returns immediately following removal of an implant and alternative contraceptive methods are required.

Patient Name: _____ Patient Signature: _____ Date: _____