

BIRTH CONTROL IS A SAFE WAY TO PREVENT PREGNANCY

The risks of any birth control are less than the risks of pregnancy.

Choose which method works best for you.

There are possible side effects with all birth control, just like any medication.

[Come back to the clinic](#) if you experience signs of pregnancy, change in vaginal discharge, abdominal or pelvic pain, possible exposure to an STI, painful sex, bleeding after sex, headaches, mood changes, or severe pain in your chest, abdomen, or legs.

SCAN ME!



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For reasonable accommodations or alternative formats please contact Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-673-2157 or 612-673-2626.
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NEXPLANON



**RADIOPAQUE ETONOGESTREL
IMPLANT**

MINNEAPOLIS

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program

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HOW IT WORKS

Nexplanon, more commonly known as “the implant,” can be used by people with a uterus to prevent pregnancy. It’s a small plastic rod inserted under the skin of the inner upper arm that contains the hormone etonogestrel. It helps to prevent pregnancy by:

- Stopping the release of eggs from the ovaries.
- Making it hard for sperm to get through the mucus in the cervix (the opening to the uterus).
- Thinning the lining of the uterus, which may make it hard for the fertilized egg to attach and grow there.

BENEFITS

- Over 99% effective in preventing pregnancy
- Protects against pregnancy for up to 5 years
- Insertion is private and convenient
- Discreet
- Does not contain the hormone estrogen
- Can use it while breastfeeding

POSSIBLE SIDE EFFECTS

- Unpredictable bleeding or spotting—periods may become irregular, heavier, longer, lighter, or go away
- Bruising, irritation, or pain with insertion. There could also be a small scar where it was inserted or removed.
- Nausea
- Headaches
- Chest tenderness
- Mood changes
- Weight gain

INSERTION

A medical provider will numb the inside of the upper arm, and then will use a small tool to insert the rod under the skin. Once inserted, you can’t see it, but you can feel it if you press on it.

REMOVAL

It should be removed by a medical provider after 5 years but can be taken out sooner if you decide to stop or change birth control methods. The medical provider will numb the arm, then make a small cut and gently remove the rod. You can have your Nexplanon exchanged for a new one during removal if desired.

GETTING STARTED

Schedule an appointment to discuss this method and procedure with your health educator or medical provider.

After the implant is inserted, use condoms or avoid vaginal sex for the first 7 days to prevent pregnancy. **The medication can take up to 7 days to start working.**

THINGS TO KNOW

Use condoms/barriers every time you have sex to help prevent sexually transmitted infections. **Nexplanon does not prevent sexually transmitted infections.**

