Appointment information

Your appointment is on ____________________________

This appointment will be at ____________________________

Information on how to get there is enclosed.

Please let us know as soon as possible if you would like to change the appointment or have changed your mind about having an Implanon fitted. That way we can offer the time to another person.

Gateshead Sexual Health Services: 0800 42 20 200 or 0191 2831586  

If you fail to attend your appointment we will not send you another appointment or contact you again. If you wish to make another appointment please ring one of the numbers already listed.
What to expect

Can I do anything before I come for the appointment?

• It would help us if you wear a sleeveless top, t-shirt or blouse

• Implanon can be fitted at any time during your menstrual cycle if there is no risk of pregnancy (i.e. you are using a reliable method of contraception or have not had sexual intercourse since your last period. Condoms are not classed as a reliable method of contraception.

What will happen at my appointment?

• Your appointment will last about 20 minutes, and you will see either a nurse or a doctor

• You will be asked some questions about your health, your family's health and the current method of contraception you are using

• We will also ask you about your periods to make sure you are not pregnant and make sure that it is safe to insert Implanon that day

How is the implant put in?

• You will be asked to lie on a couch and will be given an injection of local anaesthetic (like the dentist uses) just under the skin, where the implant will be placed. This can sting a little but then removes the pain completely

• The implant is put in just under the surface of your skin
What happens after the implant is put in?

• A dressing is applied which must be kept dry for 24 hours. You can take it off after 24 hours.

• You may be advised to use condoms for the first seven days after you have had the implant inserted. The doctor or nurse will tell you about this.

Do I have to come back to the clinic?

• You do not need to come back to the clinic unless you have any problems or worries.

• We will give you a calendar to keep track of any period changes which some women experience when they use Implanon.

• If you have any redness or swelling around the area of your implant, you should return to your usual contraception clinic. Your GP may also be able to help.

How long does the implant last?

• It can last for three years. It is important that you come back to the clinic three months before your three years are finished so we can talk about on-going contraception. Many women choose to have another implant fitted and this is fine.

What about having the implant taken out?

• You can choose to have it removed at any time, but if you have bleeding problems it is best to wait four to six months to see if this settles down.

• The removal procedure for taking the implant out is similar to having it inserted: local anaesthetic is used and the doctor or nurse will make a very small cut at one end of the skin near your implant to remove it.
What happens after it is taken out?

- Some 'paper stitches' will be used (these don't need a needle) and a dressing applied over the area where your implant used to be
- The dressing will need to stay on and kept dry for five days
- If you do not want to become pregnant you will need to use another form of contraception. This can be given by the doctor or nurse

Can I have another Implanon fitted?

- It is fine to have another implant fitted at the same time as having your old one taken out

Please keep this information safe in case you need to refer back to it.

For more information contact
Gateshead Sexual Health Services:
0800 42 20 200 or 0191 2831586

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk