

Preparing for a contraceptive implant appointment

Information for women

**Sexual and Reproductive Health
NHS Grampian**

How do I find out about the contraceptive implant?

You can discuss the implant with a doctor or nurse at your GP practice or a Sexual and Reproductive Health (SRH) clinic.

It is useful to talk through the fitting procedure, benefits and side effects of the implant - and alternative options.

You can get further reliable information about the contraceptive implant from the following:

www.FPA.org.uk - leaflets available at SRH clinics

www.nhs.uk

www.theinsandouts.co.uk

How do I make an appointment?

Please call the clinic on **0345 337 9900**.

SRH Clinics are held in Aberdeen Community Health Village, Frederick Street, Aberdeen, Dr Gray's Hospital, Elgin and Peterhead and Fraserburgh Hospitals.

All Grampian SRH clinics are booked through the above number - please let the receptionist know where you would like to be seen.

Contraceptive implant fitting, removal or change appointments are during clinic hours Monday to Friday.

How long will the appointment take?

Routine appointments for fitting, change or removal usually take 20 minutes.

How is an implant inserted or removed?

You will be able to lie down on a couch so your arm is supported comfortably. Local anaesthetic is injected into a small area of skin in the inside of your upper arm to make it numb. This may sting for a few seconds. After a minute or so we check that it has worked and then the implant is inserted or removed. The incision (cut) is less than 5mm for fitting and 5 to 10mm for a routine removal.

You will not feel pain but may feel pressure on your arm. The fitting procedure usually takes around 5 minutes; removal may take 10 minutes.

If you are having the implant changed it is often possible to use the same incision for removing the old implant and fitting the new one.

The small incision is covered with an adhesive dressing and sometimes paper stitches and a bandage.

What should I expect afterwards?

We suggest you keep your arm dry for 48 hours. You can then take off all the dressings and leave the incision open to the air or use a normal sticking plaster to protect the area until it has healed.

You might be uncomfortable over the wound site for a day or so but can expect to be able to do normal activities including driving. You should avoid swimming or sports where your arm may be grabbed or knocked into for a few days.

It is very common to have bruising around the implant after insertion or removal. This will fade over a week or so.

Infection is rare, but seek medical advice if the area becomes increasingly red or swollen or if there is a pus-like yellow discharge from the wound.

Contact the clinic where you had the procedure done.

Out of hours contact NHS 24 on 111.

What should I do about contraception before having the implant fitted?

Use contraception carefully right up until the implant is fitted. We will advise you about how soon you can rely on the implant at the appointment.

What should I do about contraception if I'm having an implant removed?

You can have sex without extra contraception until the implant comes out.

The contraceptive effect stops as soon as it is removed so it is ideal to have chosen or even started your new method of contraception **before** the implant comes out.

If you would like a coil fitted at the same appointment as the implant removal please let us know so we allow enough time.

What should I do about contraception if I'm having an implant changed?

If your implant is still in date you do not need to use any additional contraception before or after the implant change.

If your current implant was inserted more than 3 years ago it may not be effective anymore. You would need to use condoms or a contraceptive pill until your appointment and for the first 7 days with the new implant - and then do a pregnancy test after 4 weeks.

My implant needs to be removed but it is too deep to feel- what will happen?

This happens for around 1 in every 1000 women using a contraceptive implant. We need to know the implant is deep when you make the appointment so we can arrange a 45 minute appointment with the right doctor at the SRH clinic at the Health Village in Aberdeen or at Dr Gray's Hospital.

At the appointment we will examine your arm and if we cannot feel the implant we would do an ultrasound scan to try to find it.

If it is not too deep we would try to remove it at that clinic.

If it is lying in muscle or close to nerves we will arrange for you to see the plastic surgery team at Aberdeen Royal Infirmary to discuss removal.

Removal of deeper implants is done with local anaesthetic but the skin incision is larger (1 to 1.5cm) and usually 2 to 3 stitches are needed. We will advise you about wound care.

Getting here

Sexual and Reproductive Health appointments

If your appointment is at Sexual and Reproductive Health, Aberdeen Community Health Village, 50 Frederick Street, Aberdeen, AB24 5HY, there is public transport to the city centre. If you come by car there is parking in the city centre near the clinic in the Frederick Street Car Park but change is required for parking machines. Allow an hour for the appointment.

Dr Gray's, Peterhead Health Centre and Fraserburgh Hospital appointments

There is free parking at Dr Gray's Hospital, Peterhead Health Centre and Fraserburgh Hospital.

Further information

If you need further information or wish to change your appointment please call:

If you can't keep your appointment for any reason please let us know. We can then offer your appointment to someone else.

NHS Grampian Sexual Health Service

 **0345 337 9900** 

**This leaflet is also available in large print.
Other formats and languages can be
supplied on request. Please call Quality
Development on 01224 554149 for a copy.
Ask for leaflet 1168.**

Feedback from the public helped us to develop this leaflet.
If you have any comments on how we can improve it,
please call 01224 554149 to let us know.

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