

## YOU HAVE JUST HAD A CONTRACEPTIVE IMPLANT INSERTED

It is best to remain in the waiting room for 15 minutes after the procedure. Please take the time to read the following information:

### AFTER INSERTION OF A CONTRACEPTIVE IMPLANT:

- The implant is covered with a **pressure bandage**. You can remove it after **24 hours**.
- An **adhesive bandage** covers the insertion site. It is best not to expose it to water. It can be removed after **3 to 5 days**.
- Do not carry **heavy loads** using the arm where the implant was inserted for **2 to 3 days**.
- Avoid **contact sports** for **2 to 3 days**.
- **Palpate your implant regularly (at least once a month) to check its position.** The implant is 4 cm long. Make sure you can feel both ends.
  - If your implant has moved, cannot be felt or is difficult to feel, call \_\_\_\_\_ or 811 immediately, or go to the emergency room.

### Effectiveness of the contraceptive implant:

- The contraceptive implant will be fully effective in 7 days.
- **Continue using your previous contraceptive method or use a condom every time you have sex for the next 7 days.**

### What can I expect?

- It is **normal** to feel some **discomfort** at the insertion site for a few days. This sensation is temporary.
- A **bruise** (bluish discoloration of the skin) may appear. It will disappear after 10 to 14 days.

## What signs and symptoms should I watch for?

- At the implant insertion site:
  - **Redness, itching, swelling, pain** or **discharge** (with or without fever).
  - The implant has **moved, cannot be felt** or is **difficult to feel**.
- In the arm where the implant has been inserted:
  - **Pain, hematoma, weakness, tingling, numbness, reduced sensitivity** or **muscle loss**.
- Other:
  - New or severe **headaches**.
  - **Difficulty breathing, shortness of breath, coughing, chest pain** or pink or red **sputum**.
  - **Positive pregnancy test**.

If you have any of these symptoms, call \_\_\_\_\_ or 811 immediately, or go to the emergency room.

### **WARNING:**

Don't forget to protect yourself against **sexually transmitted infections (STIs)**. The contraceptive implant is an effective and safe contraceptive method, but it does not protect you against STIs!

### **DO I NEED A FOLLOW-UP APPOINTMENT?**

- Follow-up is **recommended 3 to 6 months** after insertion of the contraceptive implant.
- Follow-up allows health care professionals to ensure that the implant is well tolerated, to check for any side effects and to answer any questions you may have.

***For more information on contraception, STIs and sexual and reproductive health, please visit the following website: [sexandu.ca](http://sexandu.ca)***