

PREPARATION FOR INSERTION OF A CONTRACEPTIVE IMPLANT

Patient Name:

Date of Birth:

NHS Number:

We are keen to make your clinic visit as straightforward and streamlined as possible. We will try to insert an implant for you at our contraception clinic therefore it is important that you have read all the information and are suitable for the procedure on the day you come. You can also discuss other methods with us as well and ask any questions. **Please bring this form with you when you attend the clinic.**

- I have read the implant leaflet, or I already have an implant and am familiar with the method
- I have abstained or am using an effective method of contraception (if condoms are used they have been used consistently and correctly on every incidence of intercourse) & have not had any problems (e.g. missed pills, IUD overdue for change) or unprotected sex (or withdrawal) since my last period.
- I understand that it is not safe to insert an implant if I might be pregnant.
- I will make sure that I have had breakfast/lunch on the day of the appointment.
- I understand there may be some mild discomfort and bruising afterwards and that a painkiller can be taken around an hour in advance or after and will avoid heavy lifting or heavy exercise for 24 hours.
- I will abstain, continue to take the pill or use condoms for 7 days after the implant is fitted
- I understand that no method is 100% effective and that the implant has a very small risk of failure (less than 1 in 100 chance of pregnancy).
- I understand the implant will not protect against sexually transmitted infections and condoms in addition are recommended for this if for example I have a new partner.
- I understand there is a small risk of infection in the first few weeks after insertion of the implant and will seek medical advice if my arm is red, swollen or painful
- I will keep any dressing and/or steri-strips dry and can remove them as per the instructions given
- I understand that there is a risk of a scar and it may be difficult to remove the implant.
- If I cannot feel the implant or it feels broken, I will seek medical advice and will use alternative form of contraception
- I know that the implant will change the pattern of my periods, causing potentially irregular, prolonged or absent bleeding.

When to book your appointment (Tick the box that applies below)

- I am not using any contraception or am only using condoms:** Book an appointment for day 1-5 of your menstrual cycle (day 1 is the first day of your period). If you cannot book an appointment for those days then do not have sex (even using condoms) from when your period starts until the fitting.
- I take the contraceptive pill:** Book an appointment at any time and continue taking the pill.
- I have a contraceptive injection:** Book an appointment just before your next injection is due.
- I have a coil:** Book an appointment at any time and your coil will usually be removed the following week
- I have just had a baby:** The implant can be fitted at any time within 21 days of delivery. If after this time, then pregnancy would need to be excluded before the implant is fitted.
- I already have a contraceptive implant in place:** Book an appointment at any time at the end of the licensed duration of the implant but abstain or use condoms for 7 days before the fitting.

Signed:

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Date:

Name: