The implant is a simple, safe and effective way to prevent pregnancy. One implant will protect against unintended pregnancy for up to three years. The implant uses a progestin-only hormone to prevent ovulation and thicken your cervical mucus lining. Once you stop using the implant, you will return to fertility—the implant has no effect on your ability to get pregnant in the future.

While using the implant, women may experience side effects, both positive and negative. In the first three to six months of use, some women experience irregular bleeding. This could mean spotting in between periods or heavier periods. Less common side effects include mood changes, weight gain, headache, acne, and/or skin changes around the area of implant placement. If these side effects do not go away after six months and start to interfere with your daily life, reach out to your medical provider to find a birth control method that is right for you. Positive side effects include not having to worry about a daily form of birth control, fewer and lighter periods, safe for women who can’t take estrogen, safe to use while breastfeeding, and safe for those with hypertension and diabetes. The implant is up to 99% effective at preventing pregnancy. No method of birth control is 100% effective.

The implant does not protect against the spread of STIs, so condoms are still recommended. If you remove the implant and have unprotected sex, take Emergency Contraception (EC) right away. EC can prevent pregnancy up to five days after unprotected sex. The sooner you take it, the better it works.

How is the implant placed?
• The implant is a tiny rod shaped device that is inserted into your upper arm by a medical provider. After numbing the area, a tiny incision is made and the implant is placed underneath your skin.
• Implant insertion is not considered surgery. It is usually done in a doctor’s office or clinic and just takes a few minutes.
• The implant cannot be seen externally after placement. However, you can feel it if you press down or touch the skin over the implant.

How do I use the implant?
• Once the implant is placed, you don’t have to worry about doing anything for contraception until it’s time to remove it in three years.
• If the implant is placed during the first five days of your period, you are protected against pregnancy right away. If more than 5 days, use condoms as back-up for the first 7 days.
• Remember to use condoms for protection against STIs if there is any risk.

Source: Bedsider