

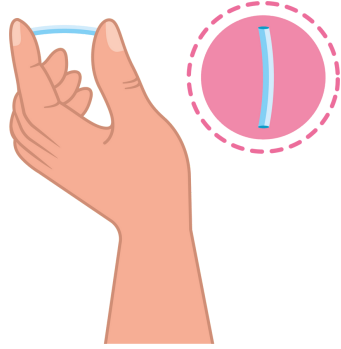
NEXPLANON 101

WHAT DO I NEED TO KNOW?



What is it?

A flexible implant that is inserted in your upper arm and works by producing a tiny quantity of hormones, which prevent pregnancy. This continuous release of low-dose progestin can work between 3-5 years.



How does it work?

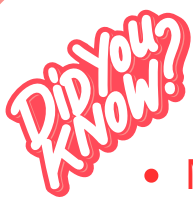
The hormones in the birth control implant prevent pregnancy in **two ways**:

- Progestin thickens the mucus on your cervix, which stops sperm from swimming through to your egg;
- Progestin can also stop eggs from leaving your ovaries, so there's no egg to fertilize.



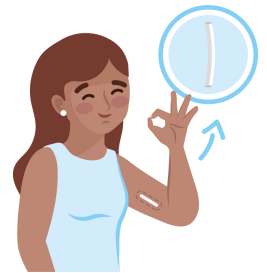
Implantation Process

You can have Nexplanon implanted in your arm at a doctor's office. The doctor or nurse will numb your skin before inserting the implant beneath the skin on your upper arm. This requires several minutes and does not hurt.



Benefits

- NEXPLANON is over 99%* effective in preventing pregnancies
- Reversible! You can take it out anytime
- Can stay in your arm for up to 5 years
- Non-Daily: Get-it-and-forget-it birth control
- Safe to use while breastfeeding



Costs



Prior to your insertion session, you must buy your implant from a pharmacy and bring it with you. This can be up to \$350.

The implant is covered by most insurance policies, but sometimes you may need to pay upfront and then get reimbursed.

Side Effects & Risks

- Periods vary as a result of the implant. Most individuals only sometimes spot, though spotting can persist until the implant is taken out.
- A few experience headaches, mood swings, weight gain, acne, and/or changes in the upper arm's skin.



The information provided is for general informational purposes only and is not intended as medical advice. Please consult with a healthcare provider for further guidance.

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