

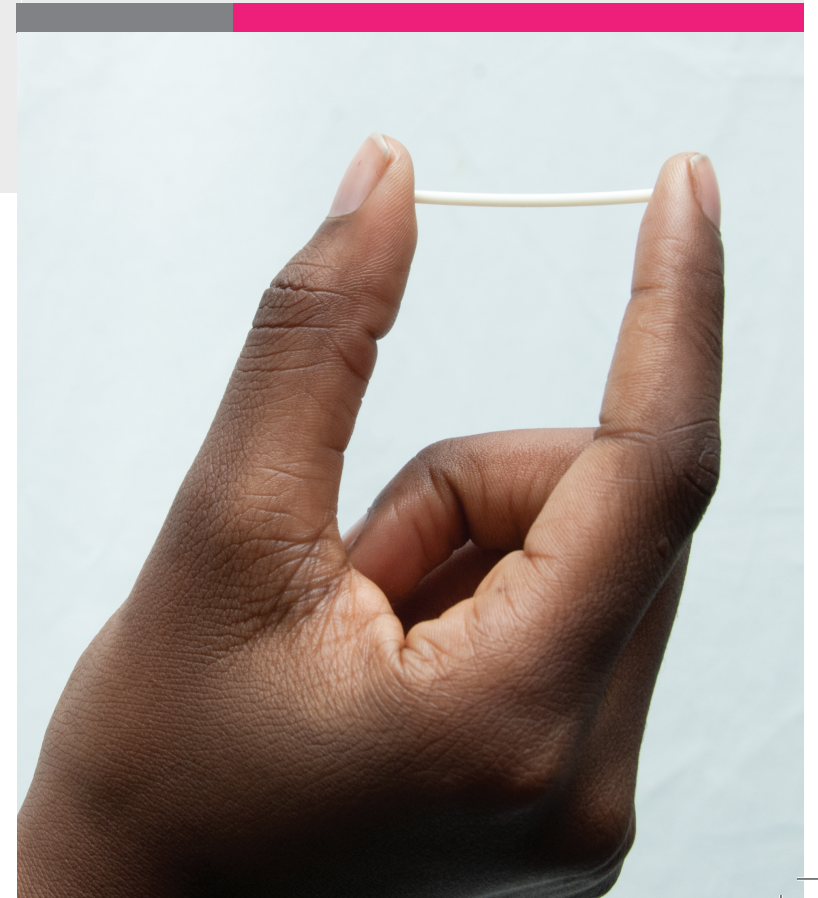
CONTRACEPTIVE IMPLANTS

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MINISTRY of HEALTH

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WHAT ARE CONTRACEPTIVE IMPLANTS?

A contraceptive implant is a medical device used to prevent pregnancy; it releases a constant small amount of one type of progestogen hormone daily over a 3-5 year period. Implants are small, flexible, plastic rods measuring about 4cm (size of a match stick) which are inserted under the skin in the upper arm, of the non dominant arm.

TYPES AVAILABLE IN BOTSWANA

Device	Design	Hormone	Duration of Effectiveness
Implanon NXT	1 Rod	Etonogestrel 68mg	3 years
Jadelle	2 Rods	Levonorgestrel 150mg	5 years

HOW DO THEY WORK?

Implants stop the body from releasing an egg each month. They also thicken the mucus in the cervix so sperm cannot travel up to meet an egg.

EFFECTIVENESS

- Effective immediately if inserted within the first 7 days of menstrual cycle.
- Implants offer 99.9% protection against pregnancy for both perfect use and typical use because the method is not user dependent.
- There are some drugs which can reduce the effectiveness of implants if taken at the same time, hence it is important for the client to inform Health care providers about the treatment they are taking.

WHO CAN USE IMPLANTS?

Almost every woman can have an implant inserted despite her age. It is suitable for women who may be having challenges using other contraceptives like those who forget pills, appointments for injections or who may have a medical reason that stops her from using the combined hormonal contraceptives.

WHO CANNOT USE IMPLANTS?

Women with the following:

- Suspected Pregnancy
- Women who have severe liver problems.
- Women who have unexplained vaginal bleeding before cause is established.
- Women who have breast cancer or women with a history of breast cancer.
- Women who currently have Deep Vein Thrombosis (DVT), or who developed chest pains or stroke while using implants.
- Women whose migraine with aura became worse while using Implants.

ADVANTAGES

- Long acting – once inserted it will be effective for 3-5 years.
- Easy to use – there is nothing to do or remember once it has been inserted.
- Effective – it is extremely effective as a contraceptive.
- Return to fertility – rapid return once it is removed.
- Do not interfere with sex

- Can be used when breastfeeding as it does not decrease milk production (Do not interfere with milk production)
- Severe side effect profile is minimal compared to other hormonal methods.
- Can be used by women in whom oestrogen is contraindicated.
- May relieve period pains.

DISADVANTAGES

Irregular bleeding and spotting may occur:

- Many women will experience some type of irregular, unpredictable, prolonged, frequent, infrequent or no bleeding when using implants.
- For some women, prolonged bleeding will decline after the first three months of use.
- However, other women may experience this bleeding pattern through all 3-5 years of use.
- After removal, bleeding patterns return to previous patterns in most women.

MINOR EFFECTS

Some minor effects such as bruising, skin irritation, or pain around the insertion site are common.

CAUTION:

Implants do not prevent against STIs. It is therefore advisable that condoms be used together with implants to provide protection against pregnancy and STIs including HIV and HPV. (Virus that causes cervical cancer and genital warts)