



## 1. Where on the body will the implantation be done?

The thin, flexible, little plastic hormone rod that is the same size as a match stick (4 cm long and 2 mm thick) is placed under the skin on the inside of the upper arm.

## 2. Does it hurt?

The area where the implantation is done is numbed, therefore you cannot feel anything when the little rod is implanted. Patients may experience discomfort in their arm for a day or two after the procedure (arm could have a bit of a 'stiff' feeling where the implantation was done). The area could also turn black and blue.

## 3. How long does the process take?

From the consultation to when the implantation is done takes about 20 to 30 minutes.

## 4. Will you be able to see it under my skin?

You will not be able to see the little implantation rod itself. With insertion the skin becomes discoloured, which you will be able to see. The implantation is done on the inside of your upper arm, which means the part of the arm that touches the body when you stand. It will therefore not be seen easily.

## 5. Will the implantation change my cycle?

Since the Implanon releases the hormone progesterone it could have an effect on your cycle. You could experience less or more bleeding during your cycle. You could also have no bleeding during your cycle. The possible change is normal.

## 6. Are there side-effects?

As with any hormone treatment there could be side-effects. It may give you an appetite, you could experience mood changes, have headaches, and acne could improve or worsen.

## 7. How long does it last?

The implantation is effective for three years.

## 8. Can I get it removed whenever I want to?

Yes. If for any reason you decide that you no longer want to use Implanon as contraception you could go to your nearest health facility to make an appointment to have it removed.

## 9. Will I be able to fall pregnant again when it is removed?

Yes, as soon as the implantation is removed the hormone progesterone is no longer released and your chances of falling pregnant will be the same as before the implantation.

**10. Should I still use a condom?**

Yes, Even though the Implanon protects you against unwanted pregnancies, there is still the risk of contracting HIV and AIDS or other sexually transmitted infections when a condom is not used.

**11. How does it protect me against unwanted pregnancies?**

The Implanon releases the hormone progesterone that ensures that you do not release an egg cell that could be fertilised by a sperm cell. The hormone also thickens the mucus in the mouth of the womb (cervix) so that sperm can not penetrate it.

**12. Can I get the implantation if I am pregnant?**

No, you will have to wait until your baby is born to have the procedure done. If you do not know whether you are pregnant and you have the implantation done, it will have no consequences for the baby. Just have the implantation removed as soon as you find out that you are pregnant.

**13. Can I get the implantation when I am menstruating?**

Yes, you can.

**14. Can I get the implantation if I feel ill?**

Depending on your illness, the implantation can be done, e.g. when you have a minor illness such as a cold.

**15. How old should I be?**

The Implanon can be used at any age. Any girl or woman that wants to protect herself against an unwanted pregnancy can get the implantation.

**16. Can I breastfeed while using Implanon?**

Yes, you can.

**17. Where do I go to have the Implanon inserted?**

Please visit the clinic nearest to your home, ask to speak with the nurse in the Family planning department.