

## Having your implant fitted Patient Information Leaflet

### Who will fit your implant?



Hi, I'm Dr Jamila Rews-Ryden, the doctor who performs implant fitting at the Pulteney Practice. I've fitted over 3000 implants over the past 20 years. I worked for several years in a sexual health clinic in London prior to becoming a GP and have since published two books on women's health. I am a Diplomate of the Royal College of Sexual and Reproductive Health and update my technique regularly. I audit the quality of the service, and feedback is exceptional.

### Choosing the implant

If you're unsure whether the implant is right for you or not, you are welcome to book a routine appointment with me (on the telephone or face to face) to discuss your situation and aid your decision making. In addition, please read this leaflet:

[Contraceptive implant - NHS \(www.nhs.uk\)](http://www.nhs.uk)

**By the time you attend an implant fit appointment you should be ready to go ahead.**

The implant I fit is called Nexplanon. It requires changing every 3 years.

Nexplanon, plus the fitting procedure, is provided free of charge to patients on the NHS.

### Where will your implant be fitted?

Implants are fitted at both 35 Great Pulteney Street and our Bathampton Surgery premises'. Please double check before you set off where your appointment is. I often find patients turning up to the wrong site, and due to our tight NHS timetables I'm unable to see you for an implant fit if you are late.

## Who can you bring with you?

You are welcome to attend alone, or to bring one other adult with you. If you bring children, they'll need to be trusted to sit still. You may want to provide a book or something quiet to entertain them. Babies can be brought with you if you have a pram or car seat and can strap them safely.

## When should your implant be fitted?

You can have your implant fitted at anytime of your menstrual cycle as long as you are sure you are not pregnant. Therefore, either abstain from sex or use another method of contraception from the time of your period until your implant fit appointment (or for at least 2 weeks if you don't have periods, then do a pregnancy test).

If you have your implant fitted while you are on a normal menstrual period you can enjoy contraceptive protection straight away.

If your implant is fitted and you are not on a period, and not on another method of contraception, you need to wait for 3 full days before you can rely on it for contraceptive protection.

If you are taking the pill, we advise you keep taking the pill for three days after the implant fit. That way you can enjoy continuous contraceptive protection.

If you do happen to be pregnant already when your implant is fitted, it will not harm an unborn baby but we'd want to remove it if you intend to proceed with the pregnancy.

## What to expect during the implant fit appointment

Although an implant fit just takes seconds you are given a 15-minute appointment to allow time for getting positioned, cleaning the skin, and for me to clear the instruments and complete medical notes before the next patient is welcomed. There will be opportunity for you to raise any last-minute queries, but I'm afraid there won't be time for a full discussion about whether you'd like the implant or not, or any other medical issues.

I usually fit Nexplanon without anaesthetic; it takes just 3 seconds to insert and feels rather like a blood test, but lidocaine is available if you'd like me to numb your skin first.

If you would like a healthcare assistant or chaperone to be with you during the appointment please request this via reception when booking the appointment so that we can ensure someone is made available.

I look forward to seeing you!