

Flathead Family Planning  
1035 1<sup>st</sup> Avenue West  
Kalispell, MT 59901  
751-8150

## Consent for Hormonal Implant

Name \_\_\_\_\_ Chart No. \_\_\_\_\_

**BENEFITS:** Nexplanon gives you great, long-term protection against pregnancy. It is more than 99 percent effective. That means one in one thousand women may become pregnant while using the hormonal implant. Breastfeeding may continue when using a hormonal implant.

**RISKS/SIDE EFFECTS:** I am aware that while using a hormonal implant as a method of family planning, I may have the following side effects:

- |  |  |               |
|--|--|---------------|
| * Bleeding irregularities                  | * Depression   | * Mood Swings |
| * Pain or irritation near the implant site | * Breast Pain  | * Vaginitis   |
| * Infection at implant site                | * Acne   | * Headache    |
| * Weight gain                              | * Viral infections such sore throat or flu-like symptoms |               |

Cigarette smoking increases the risk of serious cardiovascular side effects. I understand that certain medications (mainly medications for seizures, St. John's Wort, and anti-HIV protease inhibitors) may make the hormonal implant less effective.

I have been told that in order to lessen the chance of serious complications from my hormonal implant, it is my responsibility to visit the family planning clinic, a doctor or a hospital emergency room if I start having the following **DANGER SIGNS:**

- |  |  |
|--|--|
| * Sharp chest pain, crushing chest pain or heaviness in the chest    | * Heavy vaginal bleeding   |
| * Pus or bleeding at the insertion site                              | * Shortness of breath or coughing blood                                |
| * Implant breaking through the skin                                  | * Yellowing of the skin  |
| * Persistent pain in the calf of the leg                             | * Breast lumps   |
| * Sudden or severe headaches or vomiting, dizziness or fainting      | * Severe pain, swelling, or tenderness in the abdomen                  |
| * Problems with speech, vision, weakness or numbness in arms or legs | * Difficulty sleeping, weakness, lack of energy, tiredness, or sadness |

**ALTERNATIVES:** I understand and have received information about the other methods of birth control as requested, and I choose the Implant. For situations of suspected contraception failure, emergency contraception is available and offers a second chance to reduce the risk of unintended pregnancy.

**INSTRUCTIONS:** This information sheet has been reviewed with me and I have been given the product information. I understand:

- How the hormonal implant is inserted and removed.
- The hormonal implant becomes effective within less than 24 hours after insertion if inserted within the first five days of a normal menstrual cycle.

- I need to use another method of birth control for at least 7 days if the implant was inserted at any other time during the menstrual cycle.
- The hormonal implant is effective for three years and needs to be removed by a clinician who has had experience removing hormonal implants.
- It may be difficult to remove the hormonal implant.
- That the hormonal implant does not protect against sexually transmitted infections (STI's).
- I have been instructed on the care of the area following insertion and the need for follow-up care.

**DECISION NOT TO CONTINUE USING THE HORMONAL IMPLANT:** I have been told that I may have my hormonal implant removed at any time by a qualified medical clinician. Removal will require local anesthesia and one small incision. There is usually an additional medical fee for removal. I understand fertility can return immediately after the rod has been removed.

**INSERTION:** The hormonal implant rod is about 4 cm long and 2 mm wide. It will be inserted just under the skin of your upper arm through a 1/8 inch incision. Local anesthesia is used before insertion to make the skin temporarily numb. Some bruising may occur in the insertion area but should disappear within a short time. For a few days, you may notice tenderness or swelling of the skin around the implant. The incision will be protected by a bandage for the first few days. The site usually will heal quickly. Minimal to no scarring is expected. You will be able to feel the hormonal implant, and it should be visible under the skin.

**AFTERCARE INSTRUCTIONS:** Try not to bump or rub the area for 3 to 5 days. Keep the area clean and dry. Keep the pressure bandage on for 24 hours. If a band-aid was put on the insertion site, leave it on for 3 days. Don't lift anything heavy right away. After healing, don't worry about bumping the area. You may touch or wash the area as usual.

**QUESTIONS:** I have been given the chance to ask questions about the hormonal implant and about the consent form.

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_