

# Women's Healthcare of Norman

*Women Caring for Women*

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## **NEXPLANON**

Nexplanon is a hormone-releasing birth control implant that is placed under the skin in the arm for 3 years of pregnancy prevention.

### **Instructions:**

1. Take Tylenol, Advil, or Aleve every 4-6 hours as needed discomfort.
2. You may experience pain, irritation, swelling, or bruising at the insertion site.
3. You may have longer or shorter bleeding during your period.
4. You may have no bleeding at all during the time of your period.
5. You may have spotting between your periods.
6. You may have varied amounts of time between your periods.
7. Common side effects include abnormal bleeding, headaches, weight gain, acne, breast pain, painful periods, mood swings, depressed mood, back pain, nausea, dizziness, vaginitis (inflammation of the vagina), or flu-like symptoms.
8. If you smoke while using Nexplanon, you are at increased risk for blood clots, pulmonary embolism, stroke, and heart attack.
9. You are protected against pregnancy as soon as the implant is placed in your arm.
10. If you have any questions or concerns, call the office (405) 360-1264.

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