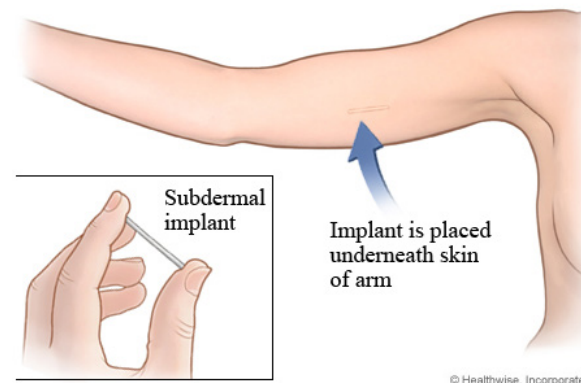


OFP Patient Education Handout

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A birth control implant is a single rod that releases a dose of hormone. It is placed under the skin of the upper arm of a woman to prevent pregnancy for up to 3 years. The rod is about the size of a matchstick and can be inserted by a doctor in just minutes using a local drug to numb the area. Implants work within 24 hours of placement. Less than 1 out of 100 women a year will become pregnant using the implant. There are two implants available in the United States. With the Affordable Care Act, insurance plans, in general, must cover all prescription contraceptive methods fully at no cost to the patient. Though birth control implants are convenient, effective, and can be used safely by most women, the latex condom is still the only method of birth control that also provides protection against sexually transmitted diseases.

Subdermal Implant for Birth Control



BENEFITS OF BIRTH CONTROL IMPLANTS INCLUDE:

- Lasts for up to 3 years and is 99 % effective in preventing unplanned pregnancy. No need to remember to take pills.
- Can be used when breastfeeding.
- It does not interfere with having sexual intercourse.
- The implant can be removed at any time.
- The ability to become pregnant returns soon after the implant is removed.

DISADVANTAGES INCLUDE:

- You should not use the implant if you are pregnant, have breast cancer, a history of blood clots, or certain other conditions
- Certain drugs and supplements (e.g. St John's wort) may make the implant less effective.
- Most common side effect, especially in the first 6-12 months of use, is a change in your normal menstrual bleeding pattern. After one year, some women who use the birth control implant will stop having periods completely.
- Other possible side effects of the implant may include pain at the insertion site, mood swings, a change in sex drive, acne, headache, nausea, sore breasts, and weight gain.

MEDICAL CARE AND TREATMENT OPTIONS:


If you have any questions about birth control implants please contact your Osteopathic Family Doctor. Your family doctor will help you decide if the implant or some other method of birth control would be safe and work best for you.

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Source(s): Birth Control Implants.gov, Up-To-Date, and Web MD.

The Osteopathic Family Physician Patient Handout is a public service of the ACOFP. The information and recommendations appearing on this page are appropriate in many instances; however, they are not a substitute for medical diagnosis by a physician. For specific information concerning your personal medical condition, ACOFP suggests that you consult your Family Physician. This page may be photocopied noncommercially by physicians and other health care professionals to share with their patients. For additional patient related educational material please visit our website at www.acofp.org



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