

HORMONAL IMPLANTS




Hormonal Implants



General information

- Implants are small rods or capsules (about the size of a matchstick) put under the skin.
- Provide long-term protection from pregnancy for 3 to 5 years. Length of protection depends on the implant.
- A trained provider must insert and remove implant(s).
- Safe for women who are breastfeeding.
- Often cause changes in monthly bleeding. May cause absence of bleeding or temporary heavy bleeding for a few months.
- Safe for women living with human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS), even if she takes antiretroviral (ARV) medicines.
- Do not protect against sexually transmitted infections (STIs), including HIV.

Comparison of Hormonal Implants

	Jadelle 	Implanon 	Sino-implant (II) (Zarin, Femplant, Trust) 
Manufacturer	Bayer Healthcare	Merck/MSD	Shanghai Dahua Pharmaceutical Ltd.
Formulation	150 mg levonorgestrel in 2 rods	68 mg etonogestrel in 1 rod	150 mg levonorgestrel in 2 rods
Approx. Insertion and Removal time	Insertion: 2 min Removal: 5 min	Insertion: 1 min Removal: 2-3 min	Insertion: 2 min Removal: 5 min
Labelled duration	5 years	3 years	4 years

Effectiveness

- 99% effective with less than 1 pregnancy per 100 women.

How the method works

- A trained provider inserts the implant(s) under the skin, usually on the inside of your upper arm.
- The implant(s) slowly release a hormone (progestin). Progestin makes the mucus around the cervix thick. This stops sperm from meeting an egg.
- This hormone also prevents the release of eggs from your ovaries (ovulation).

How to use

- A trained provider gives you an anaesthetic in the arm to prevent pain. S/he inserts the implants just under the skin.
- The procedure takes only a few minutes. You are fully awake during the procedure. You may feel some tugging, pressure, or slight pain when the provider inserts the implants.
- After the procedure, get the following information from your provider: type of implant, date of insertion, and month and year when they need to be removed or replaced.

Do not use this method if you

- Have unexpected vaginal bleeding.
- Have breast cancer or history of breast cancer in last 5 years.
- Take medicine for seizures or take rifampicin (as it may reduce effectiveness of contraceptive).
- Currently have blood clots.
- Have lupus.
- Have history of severe liver disease.

Important facts

- One of the most effective methods.
- Must be inserted and removed by a trained provider.
- Can help reduce anaemia.
- Do not interfere with sex.
- May be difficult to obtain locally.
- Use condoms (male or female) to protect against sexually transmitted infections (STIs) including human immunodeficiency virus (HIV).

Seek medical help if you

- Have any inflammation, pus, or redness at the insertion site that gets worse or does not go away.
- See an implant coming out.
- Have any questions or problems.
- Are certain it is time to replace the implant(s).
- Want to have the implant(s) removed.
- Have gained a lot of weight. Implant(s) may not protect you from pregnancy as well if you weigh more than 70 Kg.
- Develop any health problems.
- Think you may be pregnant.



Sources:

- Population Council. The Balanced Counseling Strategy Plus (3rd ed.) [Internet] 2015 [cited 2021 April 06]. Available from: https://www.popcouncil.org/uploads/pdfs/2015RH_BCS-Plus_CounselingCards_en.pdf.
- Family Planning: A Global Handbook for Providers. Chapter 18 - Fertility Awareness Methods. [Internet] [cited 2021 April 06]. Available from: https://www.fphandbook.org/sites/default/files/Chapter_18_Eng.pdf.
- National Health Mission. Reference Manual for Oral Contraceptive Pills. [Internet] 2016 Mar [cited 2021 April 06]