

Contraceptive Implant

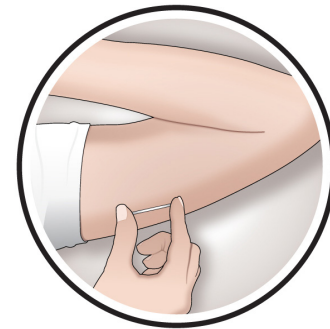
The contraceptive implant is a contraceptive method that was approved for use in Canada in May 2020. It has been used in many other countries, including the United States, for many years. It is a 4 cm long and 2 mm wide flexible rod that sits just below the skin and continuously releases a progestin hormone into the bloodstream. It is inserted in the office by a health care provider using local anaesthetic to numb the skin and provides reversible and highly effective birth control for up to three years by preventing ovulation.

How does it work?

- The implant is placed by a health care provider in the upper inner arm just below the skin. The procedure is fairly simple and takes only a few minutes. It is done using local anesthesia (“freezing”) to numb the skin. Once it is placed, the implant is not visible but can be felt just under the skin. The implant provides highly effective birth control for up to three years. At that time, the implant can either be removed or replaced.
- The progestin hormone prevents the ovaries from releasing an egg. It also thickens the cervical mucus making it difficult for sperm to reach the egg.

How effective is it?

- **Failure rate during first year of use:** The contraceptive implant is one of the most effective methods of contraception available
- **Typical use failure rate:** 5 out of 10,000 women (or 0.5 out of 1000)
- **Perfect use failure rate:** 5 out of 10,000 women (or 0.5 out of 1000 women)



Advantages

- + Highly effective
- + Reversible
- + Long term, forgettable, and discreet
- + Cost effective
- + Safe
- + Does not interfere with sex
- + May be suitable for those who cannot take estrogen
- + May be suitable for use while breastfeeding
- + May be suitable for those over the age of 35 who smoke
- + Reduces menstrual cramps and PMS
- + May reduce or eliminate periods

Disadvantages

- Initially irregular bleeding is the most common side effect
- Some people may have hormonal side effects: acne, headaches, breast sensitivity, mood issues
- Does not protect against STIs
- Some pain or discomfort during insertion
- After insertion there may be some soreness or bruising of the upper arm