**NEXPLANON FITTING ADVICE**

Your prescription will be sent to Well Pharmacy in Danacre. **You will need to collect the implant device and bring it with you to your appointment.**

It is absolutely essential that at the time of fitting you are not pregnant. To ensure this:

1 You need to take another form of contraception correctly

2 You need to have done a pregnancy test that day to confirm that you are not pregnant

3 Or you are having a normal period.

If you have had unprotected sexual intercourse in the three weeks before the fitting is due, or for any reason you are not certain, please ask for advice

The procedure involves giving a small anaesthetic in the arm in which the device is to be fitted (which causes a slight stinging.) The procedure is otherwise not a painful one. You will need to be in the surgery for about fifteen to twenty minutes. You will need to wear a pressure bandage for the first twenty-four hours and then a plaster for four to five days after the procedure. For the first four or five days you should not do any heavy lifting.

**Please remember that if you are late for your appointment we will be unable to do the procedure. We would recommend that small children are not brought into the room during the procedure.**

If you change your mind please let us know, as there are many people who are waiting to have this done. The person to contact here at the Health Centre is Lynda Simpson on 01268 448200. Alternatively please call the cancellation hotline on 07840 208 638.

Jan 22

LMG