

The contraceptive implant doesn't protect against STDs. Luckily, using **condoms** or **female condoms** every time you have sex does lower your chances of getting or spreading STDs. So using condoms with your implant is the best way to prevent infections.

If you decide you want to get pregnant or you just don't want to have your implant anymore, your doctor can take it out. You're able to get pregnant quickly after the implant is removed.

WHAT IS AN IMPLANT?

- The implant is a small, plastic tube inserted under the skin of the upper arm.
- Contains progestogen hormones.
- The implant does not leave a noticeable scar if inserted and/or removed correctly.
- The implant must be inserted and removed by a trained personnel in a simple surgical procedure.

“Once a nurse or doctor inserts the birth control implant into your arm, it's almost mistake-proof, making the birth control implant one of the safest, most effective, and convenient methods available.”

WHEN CAN ONE START?

- Within 7 Days of the start of menstrual bleeding.
- If your menstrual bleeding started more than 7 days ago, or if you have not gotten your period, you should avoid sex or use protection for 7 days after the insertion of the implant.
- If you are breastfeeding, you can start 6 weeks after childbirth, even if you are fully or near fully breastfeeding.
- If you are NOT breastfeeding, you can start 4 weeks after childbirth.
- 1 week after miscarriage or abortion.
- If switching from another method:
 - Mini-Pills: NOW is the best time to start.
 - Injectables: start at the time when you would have had another shot.
 - Intra-Uterine Contraceptive Device (IUCD): you can get the implant if you started more than 7 days ago, but you must leave the IUCD in place until your next menstrual bleeding.

For more information about contraceptives or Family Planning, please contact the Republic of Palau Ministry of Health - **Family Health Unit** at (tel): **488-2172** or follow us on Facebook: <https://facebook.com/FHUPalau>.

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Family Health Unit
Republic of Palau Ministry of Health



Implants

Learn more about Family Planning and the different types of contraceptives that can prevent unwanted pregnancies and prevent the spread of sexually transmitted diseases.

For more information, call the **MOH Family Health Unit** at **488-2172**.

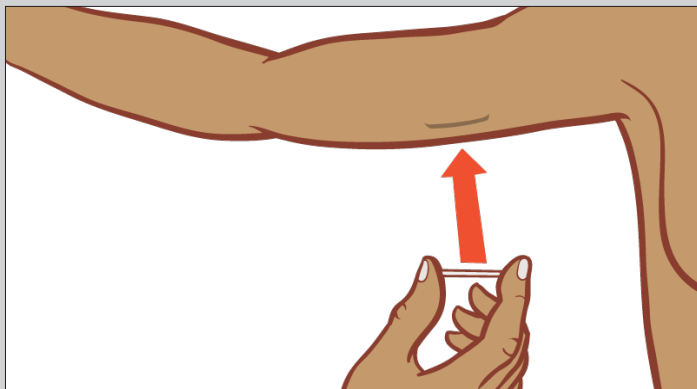
IMPLANT BENEFITS

- The implant is quick & easy to insert as well as remove (insertion time: 5 to 10 minutes; removal time: approximately 15 minutes).
- The implant is a relatively painless procedure.
- The implant does not involve stitches.
- The implant is very effective. Norplant can last up to 5-7 years, Implanon up to 3 years, Jadelle up to 5 years depending on the weight of the user.
- The implant is very safe and does not affect breastfeeding.
- You can return to fertility immediately after removing the implant.
- The implant does not interfere with sexual intercourse.

IMPLANT LIMITATIONS

- The implant has the possible side effects such as light spotting, irregular bleeding, irregular periods, abdominal pain, dizziness, acne, rash, or upset stomach.
- The implant does not provide protection against Sexually Transmitted Infections (STIs) or HIV/AIDS.

BASICS OF THE CONTRACEPTIVE IMPLANT



The birth control implant (AKA JADELLE) is a tiny, thin rod about the size of a matchstick. The implant releases hormones into your body that prevent you from getting pregnant. A nurse or doctor inserts the implant into your arm and that's it — you're protected from pregnancy for up to 5 years. It's get-it-and-forget-it birth control.

IMPLANT SIDE EFFECTS

- Light Spotting/Irregular Bleeding
- No monthly bleeding
- Headaches/Dizziness
- Lower Abdominal Pain/Upset Stomach
- Tender Breasts, Acne, and/or Rashes

SEE A NURSE OR DOCTOR IF:

- You experience very bad headaches.
- If you may be pregnant, especially if pain or soreness is present in the abdomen.
- If you get an infection or continue to experience pain in the insertion site.
- Unusually heavy or long bleeding.
- Your skin or eyes turn yellow.

WHO CAN USE IT?

- Women in stable relationships who may forget to take a pill every day; who live far away from a health center or clinic; or who have difficulty getting birth control/contraceptive supplies.
- Women who want a long-term, reversible contraceptive method.

WHO SHOULD NOT USE IT?

- Women who may be pregnant.
- Women who suffer from other serious health conditions such as blood clot in the lungs or deep in the legs; breast cancer; unexplained vaginal bleeding; serious liver disease or jaundice; or if she is taking pills for tuberculosis (TB) or seizures.