

## Hormonal Implants

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The contraceptive [implant](#) is a small plastic rod, soft capsules, around 4 cm long (about 1½ inch long), that a doctor or nurse puts under the skin of your arm (under the skin in a woman's upper, inner arm). It prevents pregnancy by releasing the hormone progesterone. This stops the ovaries releasing an egg each month. The contraceptive implant is not suitable for everyone.

### Effectiveness

There are different types of contraceptive implants being used around the world. The one used in the United States is called Nexplanon, and is a single rod that lasts three years. It can be used for less than three years because it can be taken out at any time. The contraceptive implant (Nexplanon) is a small flexible plastic rod.

If implanted correctly, it's more than 99% effective. Fewer than 1 in 1,000 people who use the implant as contraception for 3 years will get pregnant.

It's placed under the skin of your upper arm by a doctor or nurse to prevent pregnancy. **It does not protect you against sexually transmitted infections (STIs).**

We also have different types in Nigeria and one of it is Implanon NXT is a contraceptive implant that consists of one small flexible rod (as short as a match stick but thinner) that is inserted under the skin of a woman's upper arm. It contains 65mg of the hormone Etonorgestrel in each rod. Implanon NXT is over 99% effective and can prevent pregnancy for a period of 3 years.

### Key Features:

**Duration:** Hormonal implants provide long-term contraception, typically lasting between 3 to 5 years, depending on the brand.

**Convenience:** Once inserted, the implant works continuously without needing daily attention, like with birth control pills.

**Reversibility:** Fertility typically returns quickly after the implant is removed.

**Effectiveness:** It is one of the most effective contraceptive methods, with a failure rate of less than 1% when used correctly.

### How It Works:

The implant releases a steady dose of progestin, which is a synthetic form of the hormone progesterone. Progestin prevents ovulation, meaning no egg is released for fertilization. It also thickens the cervical mucus, making it harder for sperm to reach the egg. The uterine lining is thinned, reducing the likelihood of a fertilized egg attaching to the uterus.

### Benefits:

- Very effective, with minimal user error.
- Doesn't interfere with sexual activity.
- It's a "set it and forget it" method, meaning once it's inserted, you don't need to think about it every day.

### Potential Side Effects:

- Irregular bleeding (spotting or no periods at all).
- Headaches, mood changes, or weight gain for some users.
- In rare cases, there may be issues with the implant, such as it becoming misplaced or causing discomfort.

### Insertion and Removal:

- A healthcare provider inserts the implant under the skin in a quick, minimally invasive procedure, typically with a local anesthetic.

- Removal is also done by a healthcare provider and can be done any time before the implant expires.

Hormonal implants are a popular choice for people seeking a long-term, low-maintenance contraceptive method. Would you like to know more about any aspect of it?

<https://www.womenshealthspecialists.org/services/birth-control/contraceptive-implants/>

<https://dktnigeria.org/implanon-nxt/#:~:text=Implanon%20NXT%20is%20a%20contraceptive,a%20period%20of%203%20years>