

# SPOTLIGHT ON...CONTRACEPTION IMPLANT

*Key information for educators to support young people to explore the contraception option; Implant.*

This session provides information on the contraception implant method. The session will focus on what the implant is, how it works, where to get it and will explore some of the common misconceptions that can act as a barrier to young people choosing the implant.

## **What is contraception?**

Contraception is used to prevent an unplanned pregnancy.

Some of the things you might want to think about when choosing your contraception are:

- How contraception will suit your lifestyle.
- Whether you want to use the method every day, every time you have sex or less often.
- Whether you want to become pregnant soon, many years away or not at all.

Some methods of contraception are more long lasting than others; these are called LARC (Long Action Reversible Contraception) methods. There are many benefits to using a LARC method, and a sexual health nurse or GP will discuss all options available with young people.

- More information and a contraception “what’s right for me” interactive tool can be found on [www.letstalkaboutit.nhs.uk/contraception](http://www.letstalkaboutit.nhs.uk/contraception)

When discussing contraception with young people, remember that everyone is different. One person's experience will be different from another, for example, pain thresholds and period changes.

- More information about LARC methods and some of the pre-conceptions can be found on [www.letstalkaboutit.nhs.uk/fitandforget](http://www.letstalkaboutit.nhs.uk/fitandforget) (Will I gain weight? Are the side effects? Will it hurt?)

## **Where can I get contraception?**

Contraception is available from GPs and sexual health services. Some GPs may not offer all methods. The implant is available from sexual health clinics.

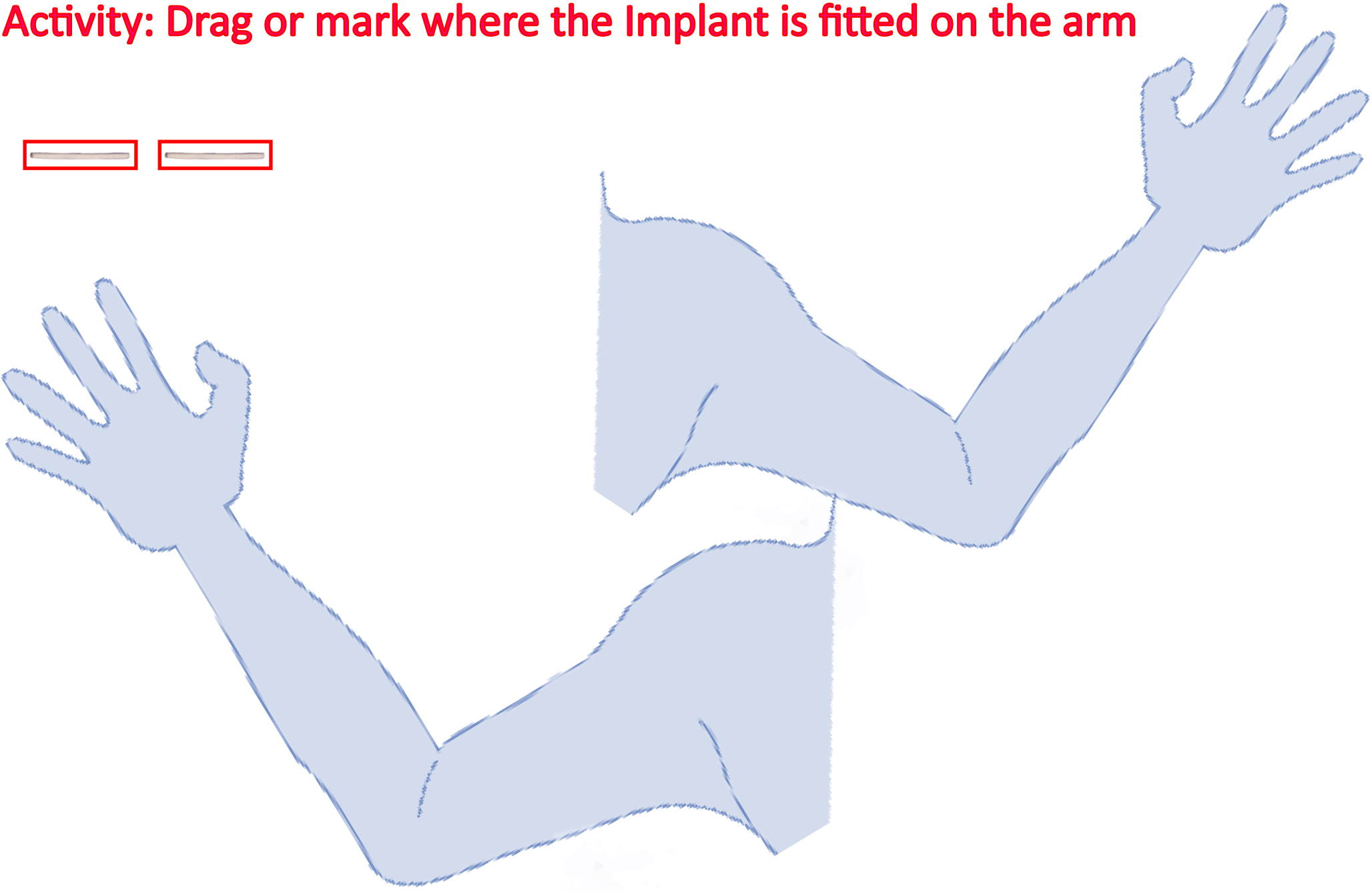
## **Does the implant protect against Sexually Transmitted Infections (STIs)?**

No, only condoms help to prevent [STIs](#) transmitting from one person to another. Although they are not 100% guaranteed, when used properly condoms are extremely effective. Use a condom every time you have vaginal, anal or oral sex. More information about condoms available at [www.letstalkaboutit.nhs.uk/condoms](http://www.letstalkaboutit.nhs.uk/condoms). Condoms should be used even with the implant or other contraception method.

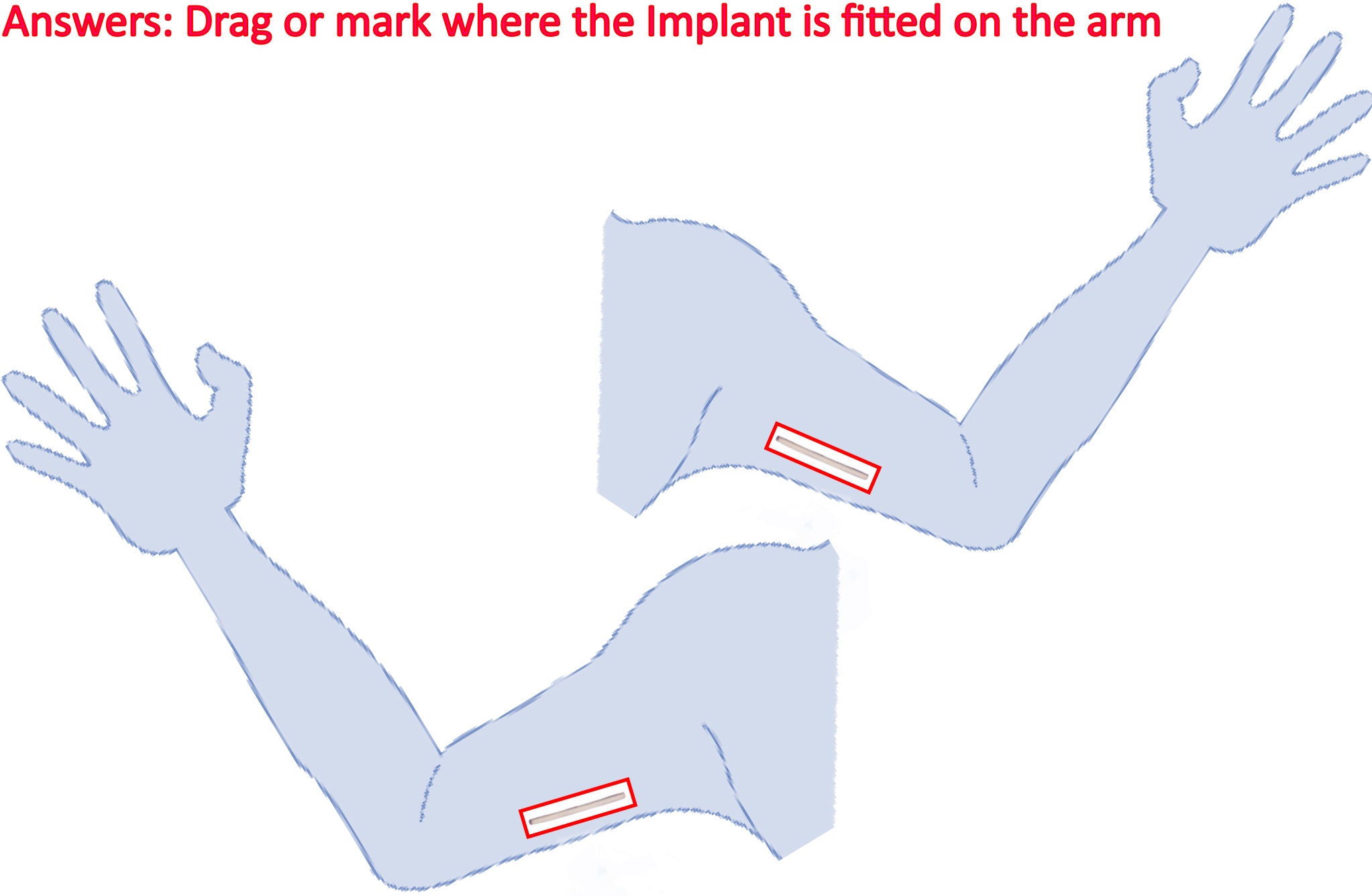
## **Activity**

Ask participants to place the implant in the position where they think it is fitted. Discuss the implant using the facilitator notes to dispel any myths. If you have a model of the implant, you can pass this round and ask young people to feel for the implant. This will give a sense of how it feels in the arm and the size of the implant. Young people may think it's bigger than it actually is. Make sure young people are aware that there are contraception choices and to speak to a GP or sexual health service for advice and support. Make sure young people receive handouts and know where to access contraception

Activity: Drag or mark where the Implant is fitted on the arm



Answers: Drag or mark where the Implant is fitted on the arm



## Facilitator Notes—Implants

A small, flexible rod is put under the skin of your upper arm. It releases the hormone progesterone. It stops ovulation (releasing an egg), thickens cervical mucus to stop sperm reaching an egg, and thins the lining of the uterus (womb) to prevent a fertilised egg implanting. Using the implant, typically fewer than 1 in 100 women will get pregnant in one year. Using no contraception, typically 85 in 100 women will get pregnant in one year.

Some people hear experiences from others which can give them preconceptions about the implant. There is some positive and negatives regarding the implant:

### Positives

The implant is a great choice for women who find the pill difficult to remember

The implant does not cause infertility. Fertility returns to normal very quickly

You don't need a break from the implant. It's perfectly safe to use the implant for as long as it's needed

The implant is incredibly convenient and It can help pre-menstrual symptoms (PMS)

It's extremely good at preventing pregnancy

Very convenient, and doesn't interrupt sex

Periods can be lighter and less frequent. It helps to make periods less painful

Often suitable for people who can't take oestrogen

There is no evidence to suggest that you will gain weight with an implant. It is quite normal for young people to gain weight and see changes to the shape of their body from puberty up into their late teens

### Negatives

A small injection of local anaesthetic is needed to put it in

Irregular bleeding can be a nuisance (for 1 in 5 women) however treatment/pills can be given to try and control bleeding

Some women get side effects like mood changes and changes in sex drive

No protection against STIs—always use condoms

It is always best if you have any concerns about using contraception to speak to a specialist health care professional who can discuss your concerns and recommend the best contraception for your needs.

# Spotlight...Implant

- ◊ The implant is a small flexible rod (about the size of a hairgrip) that is placed under your skin in your arm
- ◊ Lasts for up to 3 years
- ◊ Over 99% Effective

## How the implant works:

Releases the hormone progestogen, which stops ovulation, thickens cervical mucus to prevent sperm reaching an egg, and thins the lining of the uterus (womb) to prevent a fertilised egg

## Did you know?

You can start contraception at any time in your menstrual cycle (however if you have unprotected sex you may be at risk of a pregnancy and a STI) A nurse or a doctor will discuss your options with you to help you decide what is right for you.

## Where can you get it?:

Solent Sexual Health offer free, confidential sexual health and wellbeing services for under 25s. These services provide: contraception, emergency contraception STI testing & treatment, pregnancy tests & advice.

## What if I am under 16?:

You can still talk to us confidentially about getting contraception. This means what you tell us is private, but it can be helpful for you to talk about things with your parents or another trusted adult.

# Spotlight...Implant

## Positives

- + It's extremely good at preventing pregnancy
- + Very convenient, and doesn't interrupt sex
- + Periods can be lighter and less frequent
- + It helps to make periods less painful
- + It can help pre-menstrual symptoms (PMS)
- + Often suitable for people who can't take oestrogen

## Negatives

- A small injection of local anaesthetic is needed to put it in
- Irregular bleeding can be a nuisance (for 1 in 5 women)
- No protection against STIs



## Myth Buster

Some people worry that the implant insertion is painful however specially trained healthcare professionals will use lidocaine which numbs the arm where the implant is fitted so you shouldn't feel pain. The whole process just takes a few minutes

Find Out More:

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)