

If you are unable to make it to your appointment, please let us know as soon as possible, in order that we can use the slot for someone else. Cancellations within 24 hours of an appointment can often not be filled and cost the NHS £120.



### **Tayside Sexual Health & Reproductive Health Service Clinics**

<b>Dundee</b> – South Block, Level 7, Ninewells Hospital	<b>Perth</b> – Drumhar Health Centre, North Methven Street
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**Central telephone line:** 01382 42 55 42

(Monday to Friday, 9.00am – 12 noon)

**Website:** [www.sexualhealthtayside.org](http://www.sexualhealthtayside.org)

### **We want to hear about your care experience**

Share your story – help make our service better



<https://www.careopinion.org.uk/tellyourstory?nacs=T101H-sex-health>

You can find more information about this here:

[https://www.nhstayside.scot.nhs.uk/GoingToHospital/GiveUsFeedback/PROD\\_320144/index.htm](https://www.nhstayside.scot.nhs.uk/GoingToHospital/GiveUsFeedback/PROD_320144/index.htm)

Developed by Sexual & Reproductive Health Services and reviewed by patients

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This leaflet can be made available in other languages and formats on request. Speak to the health professional looking after you to arrange this.

# **Preparation for the complex removal of a contraceptive implant**

**Tayside Sexual & Reproductive Health Service**

You have been referred to the Tayside Sexual and Reproductive Health Service because you need the removal or replacement of your contraceptive Nexplanon® implant ('rod') which appears to be deep, impossible or difficult to feel, difficult to remove or is causing you local symptoms.

To make your appointment as straightforward as possible and to ensure that we can carry out the procedure, it is important that you have read all the information in this leaflet.

Please feel free to ask us any questions you may have before your procedure, when you attend on the day, or by calling the service beforehand.

### **General information about implant removal**

If your implant cannot be felt at all in your arm, there is a small possibility that it may not be there at all. For this reason, it is important that you do not rely on it for contraception. Please speak to your GP or one of our nurses about an alternative contraceptive method while you wait for your appointment.

Equally, even if you can just feel the implant but it has expired, please do not rely on it for contraception, especially not if it was inserted over 4 years ago.

Please bring a urine sample with you to your appointment if you think a pregnancy test is required, especially if you are looking for a replacement of your implant.

Some prescribed medication including beta-blockers like Propranolol used to help with anxiety, migraine and high blood pressure can interact with the local anaesthetic (numbing injection) we use. Please take this type of medication after the removal.

Alternatively, you could call our service for more specific advice about any medication you are currently taking. Please be aware that there are no crèche or child minding facilities at the clinic. You will not be able to look after a child and have your implant removed or replaced at the same time. Unsupervised children under the age of 13 are not allowed to stay alone in our waiting room.

Sometimes we use an ultrasound scan to confirm the presence and exact position of your implant before removing it.

The local anaesthetic injection and removal of a complex implant might cause mild discomfort and some bruising afterwards. Very rare complications include an injury to the nerves and vessels of your arm, failure to remove the implant or an infection.

### **After removal or replacement of your implant**

After having your implant removed or replaced you will be asked to keep your dressing clean and dry for at least 5 days.

Sometimes stitches are needed to close the wound. The stitches are usually absorbable but your healthcare professional will confirm this with you.

### **Please note – your appointment is:**

**Date** ..... **Time** .....

**Place** .....

**Name** .....

**AN** \_\_\_\_\_ (office use only)