

4.5 Implants

DEFINITION An implant is a long-acting reversible contraceptive method (LARC). The method is generally a progestin-only method. A small amount of hormone is released daily for suppression of ovulation.

SUBJECTIVE Must include:

1. LNMP
2. LMP or first trimester abortion within last 5 days
3. Postpartum and not exclusively breast feeding or second trimester abortion within last 28 days
4. Comprehensive medical history
5. Evaluation for allergies to antiseptic, local anesthesia to be used and components of implant
6. Patient desire for a long term contraceptive method
7. Patient is comfortable with an implanted contraceptive device
8. Establish patient is not pregnant

OBJECTIVE Must include:

1. Weight, BP and BMI.
2. Complete physical exam per Title X guidelines.

LABORATORY Must include:
Pap smear per Title X guidelines

May include:
Pregnancy test

ASSESSMENT Patient is candidate for insertion.

PLAN

1. Review U.S. Medical Eligibility Criteria for Contraceptive Use, 2010 for condition(s) which represent an unacceptable risk to use, category 3 or 4 (See Appendix A)
2. Answer all patients' questions. If she desires implant, have her read and sign consent form.
3. Insert implant.
4. Palpate both ends of implant immediately after insertion.
5. Complete and provide the manufacturer's user card to the patient.
6. Advise patient to keep the card for her records.

CLIENT EDUCATION

1. Provide pre-insertion counseling including effectiveness, risks, benefits, side effects, and how to discontinue use of method.
2. Discuss with patient there will be a change in her menstrual cycle. Advise patient her period may be irregular and unpredictable

- throughout the period of implant use.
3. Advise patient implant does not provide any protection against HIV or other STIs.
 4. Advise patient when implant will need to be removed.
 5. Discuss with patient implant does not contain any estrogen.
 6. Advise patient once implant is removed her fertility can return very quickly and if she does not desire a pregnancy she needs to use another form of contraception.
 7. Discuss with patient mechanism of how implant works.
 8. Discuss after insertion care with the patient.
 9. Advise patient to contact clinic if she develops symptoms of infection (tenderness, redness, swelling, discharge).
 10. Discuss with patient certain medications (prescriptive & OTC) and/or herbs (i.e., St. John's Wort) may make implant less effective.
 11. Patients with BMI \geq 30 discuss possible decreased efficacy of method.
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CONSULT/
REFER TO MD

1. If U.S. Medical Eligibility Criteria for Contraceptive Use, 2010 is a category 3.
2. Difficulty removing implant.
3. Infection at insertion site.