



NEXPLANON: Overview of Appointments

In order to ensure that Nexplanon is the right choice for the patient, and that it is implanted and monitored safely, the process will typically consist of four visits.

1. **FIRST VISIT – CONSULT:** a discussion with the patient and a parent
 - Review the risks and benefits of the progesterone medicine for the patient’s specific personal and family history.
 - Discuss any alternative hormonal options that the patient may want to consider.
 - Review the details of the procedure.
 - Confirm that the patient wants to proceed with the implant.

PRIOR AUTHORIZATION

- A nurse from the referrals department will contact the patient’s insurance carrier to obtain prior authorization (verify that the insurance will pay for the device and procedure).
 - The patient will be contacted when this process is complete and asked to sign a financial agreement.
 - Once a signed copy of this agreement is provided, an order will be placed for the Nexplanon. The patient may drop off, mail, or fax the agreement to the Allegro Pediatrics Redmond Ridge office at (425) 898-7409.
 - The patient will receive a call to schedule the procedure appointment once an anticipated arrival date is determined for the Nexplanon. This should take no more than 1-2 weeks from the time the order is placed.
2. **SECOND VISIT – PROCEDURE:** placing the implant
 - An over-the-counter LMX cream can be applied to the inside of the patient’s non-dominant arm 30 minutes prior to the appointment to help with any pain related to the numbing medicine injection.
 - For patients who prefer not to watch the procedure, music, videos, or electronics can serve as a distraction.
 - Patients should consider bringing someone to the appointment for support and to drive them home.
 - All patients will be asked to give a urine sample to confirm that the patient is not pregnant prior to placing the implant. This is a requirement for ALL patients, even if the implant is to address menstrual cramps or irregular bleeding patterns and the patient is not sexually active.
 3. **THIRD VISIT – RECHECK IN 3 MONTHS:**
 - A visit to discuss how the patient is adjusting to the hormonal implant.
 4. **FOURTH VISIT – REMOVAL:**
 - The implant will need to be removed in three years. This can be done at Allegro Pediatrics or by any licensed provider.
 - The patient may choose to have it removed earlier for any reason.
 - The patient may choose to have a new device implanted into the same location at the same time that the old device is removed.