



## **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 steps.

#### **FIRST STEP – CONSULT VISIT:** 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.
- You will be asked to sign a financial agreement at this visit.

#### **SECOND STEP – PROCEDURE VISIT:** 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.

#### **THIRD STEP – RECHECK IN 3 MONTHS:**

- A call from our Patient Care Coordinator to discuss how the patient is adjusting to the hormonal implant.

#### **FOURTH STEP – REMOVAL VISIT:**

- 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.