



NEXPLANON

What to Do If Menstrual Bleeding Persists 3+ Months After Insertion

- Don't worry. For a small percentage of women this is a known and not dangerous side effect. The majority of patients will stop irregular menstrual bleeding without medical intervention over 6-12 months, so one option is just to wait and see how your body adjusts.
- Remember that you might not be one of the lucky 5% of women who have no more periods while on Nexplanon. Our goal is to stop daily spotting. You might settle into regular (or irregular) periods that should be light to normal flow without significant cramping.

If your daily bleeding is bothering you, there are two levels of intervention that work for most women:

- **STEP 1:** NSAID trial - this group of medicines block the chemical that tells your uterine blood vessels to contract.
 - NSAIDs can bother your stomach so it is important that you take this with food. NSAIDs are metabolized through your kidney, so it is important to stay hydrated while taking.
 - Choice 1: Ibuprofen 400mg (2 over-the-counter pills) three times per day (breakfast-lunch-dinner) for 5 to 7 days (take until bleeding stops).
 - Choice 2: Aleve (naproxen 250mg): take 1 pill twice daily (breakfast and dinner) for 5 to 7 days.
- **STEP 2:** If bleeding continues despite NSAID trial, or resumes immediately after stopping NSAID, then estrogen can stabilize your uterine lining and for many women stop menstrual bleeding.
 - It is usually easier to tolerate a combination estrogen/progesterone pill than estrogen alone. Estrogen can cause nausea, hunger (pay attention to eating so you don't gain weight), breast tenderness/growth, mood changes, and rarely clots if you smoke or are immobilized.
 - Take one pill once daily (pick the morning or evening and be consistent) for 10-21 days. If bleeding stops, ok to stop the pill. If bleeding takes longer to stop, or you desire longer-term control of bleeding, many women take one pill daily for 1-6 months.
 - Remember that these pill packets are set up to be used for traditional birth control with 3 weeks of medicine and one week of placebo pill (designed to induce period once monthly). That is not why you are using this medicine, so SKIP the placebo week and immediately start the next pack for continuous cycling (Rx will give you 4 packets to last 3 months).
- If you have any questions or concerns, please feel free to call your Allegro clinic or send a secure message through our patient portal.