

YOU MADE A GREAT CHOICE!

Most Filipinas just like you use the implant successfully. Here are some tips to help you become successful too.



FP METHOD

Implant

EFFECTIVENESS

99.9%

WHERE TO GET IT:

It is **free to get at government health clinics**, and available for a **small fee at other clinics**.

HOW TO USE IT:

You've already done all you need to do! The implant is already under the skin of your arm. There's nothing else you need to do.

BENEFITS OF USING THE IMPLANT:

- ✎ You're protected from pregnancy. Love without worry!
- ✎ The implant doesn't interfere with sex.
- ✎ It's effective, and reversible.
- ✎ The implant can be quickly removed when you already want to get pregnant.

MOST PINAYS USE THE IMPLANT WITHOUT A PROBLEM

But some may experience the following:

Don't worry, these experiences are normal and usually don't last long.

- ✎ Few days of soreness in your arm where the implant was inserted.
- ✎ Changes in menstrual cycle (more frequent, longer, shorter or no period). These changes are common but not harmful.
- ✎ Weight change, breast tenderness, dizziness, headaches.

WHAT DO I DO IF I WANT TO GET PREGNANT?

The implant will prevent pregnancy for **3-5 years**, depending on the brand. If you want to get pregnant before then, you just need to have the implant removed. Any provider at the clinic who is trained in removing implants can remove it. Your menstrual cycle will return soon after. It's easy!

HOW SOON CAN I GET AN IMPLANT AFTER GIVING BIRTH?

The implant can be inserted **as soon as you want after delivery**. There is no need to wait.

Getting an implant will also not affect your breastfeeding in any way.

My implant brand is: _____ . It lasts for 3 or 5 years (encircle one).

I will remove or replace my implant in: _____ (month/year).

MY PROVIDER'S NAME IS: _____

Their address is: _____ . Their phone number is: _____



JUST SO YOU KNOW...

- Implants are **small flexible plastic rods**. Each is about the size of a matchstick.
- The implant is **inserted under the skin of the inner side of the upper arm using an applicator**. Because anesthesia is used when it is inserted, you will feel only very little pain. An elastic bandage will be wrapped around your arm afterwards.
- The implant stays under your skin in your upper arm. **It does not move around the body**. It can easily be felt, but it will not protrude.
- Sometimes when a woman uses a hormonal method of family planning (like the implant, injectable, or pill), her **period gets shorter and lighter or even stops**. This is because her uterus is not growing a new lining every month. No lining—no period!

Irregular bleeding, or no bleeding at all, is not harmful. It is similar to not having monthly bleeding during pregnancy because of the effects of the hormones. You are not pregnant and blood is not building up inside your body. You can get pregnant when you stop using the implant.

WHEN DO I CALL OR GO BACK TO MY PROVIDER?

- If your **arm gets sore and red** in the days after you get the implant or if the **implant starts to come out**.
- If **you want it taken out** so you can get pregnant.
- If it is **time for the implant to be removed**. You can get a new implant right away.

WHAT WILL HAPPEN IF THE EXPIRED IMPLANT STAYS IN THE ARM?

It is **not dangerous** for the implant to remain in the arm, **but it will no longer provide protection against pregnancy**.

For more information, go to WWW.USAPTAYOSAFP.COM.PH or contact the Usap Tayo sa FP Helpline at **09175970770** and **09988652810**.

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