

## **Consent for Immediate Postpartum Implant (Nexplanon®) Contraceptive Insertion**

### **Why is birth control important after having a baby?**

The return to fertility after having a baby can be unpredictable. You may be able to get pregnant before your next period begins. Using birth control to help plan for your future family is important. Waiting at least **a year and a half** before you get pregnant again improves your health and the health of your next baby. For example, by waiting to get pregnant you can decrease the risk of health problems, such as having a baby too early (preterm birth), or having a baby who has health issues (growth and development; birth defects).

### **What is a contraceptive implant?**

A contraceptive implant is a very effective birth control that is made of a small plastic rod containing a hormone (progestin). The brand name of the implant currently available in the United States is Nexplanon®. Nexplanon® works for up to 3 years. Once the implant is placed, it prevents pregnancy in over 99% of women who use it. The implant can be removed at any time, and you can get pregnant right after it is removed.

### **What is immediate postpartum implant?**

Immediate postpartum implant is a convenient, safe, and effective way of starting birth control right after having your baby. Immediate postpartum means that the implant is inserted after vaginal or cesarean delivery, but before you leave the hospital. The implant is inserted in your upper arm just under the skin.

### **How does immediate postpartum implant compare to implant placement in the clinic?**

There is no difference in how the implant is inserted whether insertion takes place immediately postpartum or at a time unrelated to delivery.

### **Postpartum care**

If you have an implant placed at the time of your delivery, you will receive normal postpartum care. Having an implant placed should not delay your discharge home.

### **Implants & breastfeeding**

Placement of a hormonal implant immediately postpartum has *not* been shown to interfere with breastfeeding. However, you may have other challenges that make

breastfeeding difficult that are unrelated to getting the implant immediately postpartum. Your health care provider can help identify these other challenges to breastfeeding.

I have received information and have chosen to use the following method of contraception (check please)

Hormonal implant device (Nexplanon®)

I have been counseled on the advantages and disadvantages of the hormonal implant (Nexplanon®) and have been given the manufacturer's patient information brochure. I have had an opportunity to have all of my questions answered and understand that the subdermal contraceptive implant can be placed any time after delivery and prior to my being discharged from the hospital. I understand that there may be circumstances related to my labor or delivery that prevent me from receiving an implant immediately after delivery.

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Signature

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Date

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Time