

Implanon

A safe and effective
modern contraceptive
method





What is Implanon?

- Implanon is a safe and effective modern family planning contraceptive that is inserted into a woman's arm.
- Implanon will protect you from having children for up to three years.
- Implanon looks like a small flexible plastic matchstick. Once inserted you cannot see it but it is very effective in preventing you from becoming pregnant.



How is Implanon inserted?

Implanon is inserted into your arm by a very simple process similar to an injection. It is not an operation and the process is very simple. Most women who have Implanon inserted cannot understand why they worried about the insertion process.

How does

Implanon work?

Pregnancy happens when a woman's egg and a man's sperm meet. Once Implanon is inserted into your arm it stops eggs from being released. When no eggs are released, you cannot become pregnant.

Once Implanon is removed from your body, eggs are released again and you can become pregnant once more.

Can I become pregnant again after Implanon is removed?

Yes. The effects of Implanon are reversible. Once it is removed, there is a good chance that you will become pregnant.



Ask your Sun Quality Health provider for more information.

What types of women like to use Implanon?

Implanon is best suited for women who:

- have had one or more children
- may want children again in the future
- want reliable contraceptive cover for up to three years.



The story of a farmer in Kampot



" I have two children and work hard in my farm in Kampot. I recently asked my Sun Quality Health provider for advice on the best contraceptive method that would suit my needs.

I explained to the provider that I was worried about side effects, might want

more children again in the future and work hard in the field so need a gentle and reliable contraception that does not make me weak.

My provider recommended Implanon as it is used by millions of women like me all around the world and once it is removed I will be able to become pregnant again.

I decided to have Implanon inserted. I am very happy with Implanon. It is the perfect contraceptive method for rural hard working women like me.



I have had no side effects, it has not made me weak, my arms are strong and I can continue to work hard in my field. I would recommend it to any woman like me...



What are the benefits of using Implanon?

Using Implanon will give you the peace of mind that you are using a reliable, gentle contraceptive which is trusted by millions of women around the world.

Implanon:

- protects you from unintended pregnancy for three years.
- is an effective family planning method for long-term use.
- does not affect your strength allowing you to continue to work hard once it is inserted.
- is reversible allowing you to have children in the future if you wish.
- is very safe.
- is invisible once inserted so nobody except your health provider will know you are using it.



- is convenient to use because you do not have to take medicine every day.
- does not affect breast milk and can be used by breastfeeding mothers.



- helps to protect your body from certain female cancers.





Is Implanon safe?

YES! Implanon is safe. It is gentle on a woman's body and is used by millions of women around the world.



Check with your Sun Quality Health provider to see if Implanon is suitable for you.

Do some women have side effects while using Implanon?

As with most family planning methods, some women may have side effects while using Implanon.

The most common side effect of using Implanon is a change in your regular monthly period. You may have more bleeding, less bleeding or no bleeding. The length of time between periods may vary. Between your periods you may have spotting.

Other side effects that can sometimes occur include: headache, nausea; mood changes, breast tenderness, abdominal pains, and a small amount of weight gain.



DO NOT WORRY!

These are not harmful. Most side effects - other than missing your monthly period - are likely to become less or go away after one or two months.



If you are still worried see your Sun Quality Health provider.

Implanon and Womb Inflammation

Many women are worried that Implanon can cause womb inflammation. **This is not true.** Your health provider can tell you that Implanon does not cause infection or inflammation. Please check with health provider if you are worried about this.



Will Implanon affect my strength or ability to work hard?

Implanon will not affect your strength or ability to work hard. Implanon does not cause 'withering arm'.

After Implanon insertion, women can quickly return to work - confident of the fact they do not have to worry about having an unintended pregnancy.



IMPORTANT

Implants do not protect you from HIV/AIDS or other Sexually Transmitted Infections (STIs). If you are at risk of contracting these diseases protect yourself by using condoms.



Ask your Sun Quality Health provider for more information.



Is Implanon suitable for everyone?

- You should not use Implanon if you know or suspect you are pregnant.
- There are other medical conditions which could prevent you from using Implanon.



Check with your Sun Quality Health provider.



When can I start using Implanon?

It is important to make sure you are not pregnant before starting Implanon. The best time for insertion is within 5 days of your regular period.

Implanon can also be used by women:

- who want to change from another birth spacing method.
- who are breastfeeding.
- who have just had an abortion



Please check with you Sun Quality Health provider for more details.



Is Implanon expensive?

Can I afford it?



Implanon is normally priced at US\$ 33 including insertion fee and is available from your local Sun Quality Health clinic.

Many women in Kampong Thom and Kampot can also benefit from an exclusive Sun Quality Health discount scheme.

Under this discount scheme, women who are eligible are issued with an Implanon discount voucher.

This voucher entitles you for Implanon insertion from your trained Sun Quality Health provider for only USD3.



Please check with your Sun Quality Health provider to see if you are eligible for the discount voucher scheme.



Where do I get more information?

Sun Quality Health providers can answer all your questions. Sun Quality Health providers have been trained by PSI on the use of modern family planning methods and the insertion of Implanon.

A woman wearing a white nurse's cap and a white short-sleeved button-down uniform stands in a pharmacy. She is smiling. The background shows shelves stocked with various boxes of medicine. On her left chest, there is a patch with a sun logo and the text "Sun QUALITY HEALTH".

Sun
Quality Health
providers can help
YOU decide whether
Implanon **is the best**
method for YOUR
needs.

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