

## **Instructions for patients having an Implant fitted, removed or replaced**

Please read and follow the guidelines, then contact reception to book your appointment.

If there is any risk of pregnancy at the time of your appointment, we will not be able to proceed. This could result in the procedure being cancelled and the appointment wasted.

If you have an **implant in already**, that has NOT expired, you can book the appointment for any day in your cycle, but you must not have sex for 7 days prior to the appointment.

If you have an implant in already that has **EXPIRED** you need to use additional contraception (e.g. condoms) from your last period (or 4 weeks if you do not have periods) up until fitting.

If you are **not currently using any contraception** you need to use condoms from your last period up until fitting or fit the implant at the same time as a period.

If you currently use **a reliable method of contraception** e.g. the pill, coil, injection you can have the implant fitted at any stage in your cycle, but do not have sex for 7 days prior to fitting.

If you still have concerns/questions, please make an appointment to discuss with the practice nurse or GP.