

YOUR IMPLANT FITTING APPOINTMENT ADVICE FOR WOMEN

If you are currently using the Combined Contraceptive Pill, Progestogen-Only Pill, Injection or IUS/IUD; the implant can be fitted at any convenient time.

If you are not using one of these you may like to consider using one just in the short term, as this will make arranging your fitting appointment much easier.

If you are currently using condoms, a diaphragm, "natural methods"; these are the alternatives

- arrange the fitting appointment within 5 days of your period starting - (this may be difficult!)
- So - if you cannot arrange a fitting within 5 days of your period starting, you **MUST abstain altogether from sexual intercourse (from the first day of your period)** and then the implant can be fitted at any convenient time.

This advice is necessary because we need to be certain at the time that the implant is fitted that you are not in the very early stages of pregnancy or conception

***If you have problems with following the above advice, please phone and ask to speak to the clinic doctor or nurse. The receptionist cannot give contraceptive advice.**

Once you have made your appointment write the details here.
If you are unable to attend **please** let us know in advance.

Clinic and phone no. _____
Appointment : _____