

Subdermal Contraceptive Implant Consultation, Fitting & Removal

Overview

The subdermal contraceptive implant is a small, flexible plastic rod placed just under the skin of the upper arm. It releases a low, steady dose of the hormone progestogen (etonogestrel) to prevent pregnancy. It is one of the most effective forms of contraception, lasting for up to three years, and is fully reversible.

How the Implant Works

The implant prevents ovulation, thickens cervical mucus to stop sperm reaching the egg, and thins the lining of the womb. Fertility usually returns quickly after removal.

Who Is the Implant Suitable For?

The implant may be suitable if you want highly effective long-acting contraception, prefer a low-maintenance method, cannot use oestrogen-containing contraception, are breastfeeding, are perimenopausal, or want a fully reversible option. A personalised consultation is essential to determine suitability.

Implant Consultation

Your consultation includes a full medical and contraceptive history, discussion of menstrual patterns and symptoms, review of current or previous contraception, and a clear explanation of benefits, risks, side effects and alternatives. There is time to ask questions and make an informed decision. Where appropriate, fitting can often be completed at the same appointment.

Implant Fitting Appointment

The fitting procedure usually takes around ten minutes and is carried out using local anaesthetic to numb the area. The implant is inserted just under the skin of the upper arm and a small dressing is applied. Mild bruising or tenderness may occur for a few days, but most people can return to normal activities immediately.

Implant Removal and Replacement

The implant can be removed at any time, even before the three-year duration is complete. Removal involves local anaesthetic, a small incision to gently remove the implant, and application of a dressing. If desired, a new implant can be inserted at the same appointment.

Bleeding Patterns and Side Effects

Bleeding patterns can change and may include lighter periods, irregular bleeding or spotting, or no periods at all. Possible side effects are discussed fully during your consultation so you can make a fully informed choice.

Implant and Menopause Care

During perimenopause, the implant can provide reliable contraception when pregnancy risk still exists. It is not licensed for endometrial protection when using hormone replacement therapy, and alternative options will be discussed if relevant to your care.

Aftercare and Follow-Up

Clear written aftercare advice is provided following fitting or removal. You will be advised on dressing care, expected healing, and when to seek medical review. Follow-up support is available if required.

Why Choose Our Clinic?

Care is provided by an experienced women's health clinician using evidence-based guidance. Appointments are calm, supportive and unrushed, with continuity of care and a holistic approach to women's health.