

Q: What is a Nexplanon?

A: A Nexplanon is a small plastic rod that is inserted under the skin of your upper arm that can be used to prevent pregnancy for three years.

Q: How is the procedure done?

A: A small amount of numbing medication is injected into the skin of your upper arm, and once numb, the Nexplanon device is inserted with a needle.

Q: How is Nexplanon removed?

A: Again, a small amount of numbing medication is injected into the skin and then a very small cut is made with a scalpel to allow us to pull the Nexplanon out. A new Nexplanon can be placed into the same opening if continued protection is desired.

Q: What do I need to do to get a Nexplanon?

A: The first step involves a visit with Dr. Lostumbo to discuss birth control options and side effects. The visit for the procedure can be scheduled once the Nexplanon device is available through your insurance. You will need to take a urine pregnancy test on the day of insertion.

Q: What are the side effects of Nexplanon?

A: The most common side effect is atypical bleeding. This can range from having no period, occasional spotting, or heavy bleeding. About 10% of women choose to have the Nexplanon removed due to bleeding side effects.

Q: Are there any long term effects on fertility?

A: No. Once the Nexplanon is removed you can become pregnant within days.

Q: How long before Nexplanon is effective once it is inserted?

A: Protection starts after 7 days. Until this time we recommend that a back up method of birth control is used.

Q: How much does it cost?

A: The Nexplanon device should currently be covered under most insurance plans. We will have you fill out paperwork at the initial visit to help determine how your coverage benefits work. Depending on your insurance, there may be a fee for the office visit.