

CONTRACEPTION OPTIONS



THE IMPLANT

The contraceptive implant (Nexplanon) is also known as "the bar". It releases the hormone progestogen into the bloodstream.

WHY DO PEOPLE GET THE IMPLANT?

People get the implant because it is more than 99% effective in preventing pregnancy. It also lasts for 3 years. Which means you don't have to remember to take a pill everyday! This can be very helpful for people who find it difficult to remember their pill.



HOW DOES SOMEONE USE THE IMPLANT?



The implant (or the bar) is a small, flexible, plastic rod which is placed under the skin in the upper arm by a doctor or nurse. It feels almost like an injection and you won't need stitches. The implant will protect against unplanned pregnancy but NOT against sexually transmitted infections (STI's).

HOW DOES THE IMPLANT WORK?

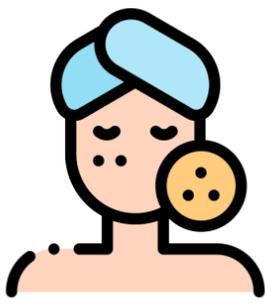
The implant steadily releases the hormone progestogen into the bloodstream which stops the ovaries from releasing an egg (ovulation). The implant can thicken mucus in the cervix, which makes it difficult for the sperm to move through the cervix. It can also thin the lining of the uterus which makes it less likely for a fertilised egg to implant itself.



ARE THERE SIDE EFFECTS?

There can be some side effects:

- sometimes bleeding can last for weeks without stopping
- nausea, headaches and breast tenderness
- moodswings
- periods might be irregular or stop altogether
- acne or worsen acne
- there are also some medications that can't be taken with the implant (check with your doctor if you're on other medications).



WHERE CAN SOMEONE GET THE IMPLANT?

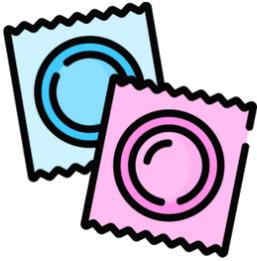
The procedure can only be carried out by specialist nurses and doctors. You can ask your GP to refer you for the implant, attend a local sexual health clinic or you can give us a call (0289032 8866) and we can organise an implant appointment for you.



COMMON YOUTH
23-31 WARING STREET
BT1 2DX
BELFAST
02890328866

COMMON
YOUTH.

FREQUENTLY ASKED QUESTIONS



WILL THE IMPLANT PROTECT AGAINST SEXUALLY TRANSMITTED INFECTIONS?

The implant only prevents pregnancy. It does NOT protect against infections. A barrier method (like condoms) is also needed to protect against infection.

CAN I GET THE IMPLANT IF IM UNDER 16?

You can access sexual and reproductive health services if you are under 16 years old. BUT:

- The doctor/nurse may ask you some questions to make sure you understand your decisions.
- They also might ask some questions about the person you're having sex with - this is to make sure you're safe.



WILL COMMON YOUTH CONTACT MY PARENTS?

Common Youth is a confidential service. This means we don't share your information. However:

- Some information may be shared if you are at risk of harm.
- If information does need shared, we will discuss with you what will be shared and with whom.

WILL COMMON YOUTH SEND POST TO MY HOUSE?

No. We ask you to provide a phone number that we can call or text you on.



Common Youth provides free Relationships and Sexuality Education to young people (from 11 to 25 years) across the whole of Northern Ireland. We also have a sexual health clinic which offers a safe, knowledgeable and accepting environment for young people to talk and to access sexual health services. For more information about accessing our services you can contact us on 02890 328866. You can also follow us on social media.

BELFAST

MONDAY..... 14:30 - 17:00
 TUESDAY..... 14:30 - 17:00
 WEDNESDAY..... 14:30 - 17:00
 THURSDAY..... 17:30 - 20:00
 FRIDAY..... 14:00 - 16:30
 SATURDAY..... 13:30 - 16:00
 SUNDAY.....13:30 - 15:00

COLERAINE

MONDAY..... 14:30 - 17:00
 TUESDAY..... CLOSED
 WEDNESDAY..... CLOSED
 THURSDAY..... 14:30 - 17:00
 FRIDAY..... CLOSED
 SATURDAY..... CLOSED
 SUNDAY..... CLOSED

MALE CLINIC (BELFAST ONLY)

SATURDAY.....16:00 - 17:30