

Your Contraceptive Implant: Now Lasts Up to 5 Years

What's changed?

- The implant is now licensed to work for **up to 5 years** (previously 3 years).
- This change is based on new research showing it **remains highly effective** for the full 5 years.

What does this mean for you?

- If you already have an implant, you **may not need it replaced as soon as you thought**
- You can safely **keep your implant in place for up to 5 years** from when it was fitted
- Fewer replacements means **fewer procedures**

Do I need to do anything?

- Check when your implant was inserted
- If you're unsure, contact your GP or clinic
- You can still have it removed or replaced **earlier if you wish**
- If you have your implant removed or changed elsewhere, please contact the practice so that we can update your record accordingly
- The practice is no longer operating a recall system, so you will need to be aware of when your implant expires, and contact the practice around 6 weeks prior to this to arrange a routine telephone consultation with a GP to discuss removal or change.

When should I seek advice?

Contact your healthcare provider if:

- You think your implant has moved
- You have concerns about side effects
- You want to stop using it or switch methods

MORE INFORMATION

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