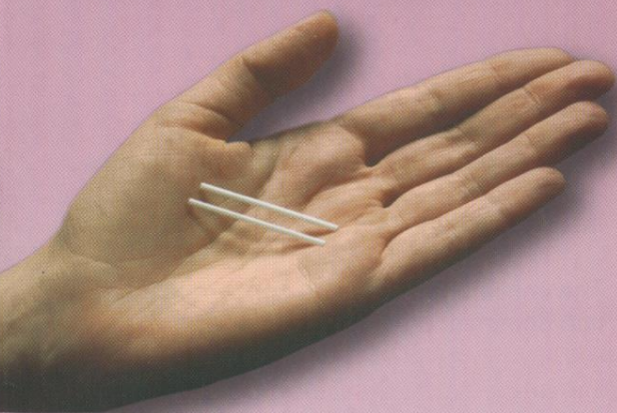


What You Should Know About The **SUBDERMAL IMPLANT**



- Safe
- Effective
- Well tolerated
- Quick return to fertility

What you should know about subdermal implants?

- It is a very effective contraceptive method.
- Subdermal Implants are progesterone-releasing rods that are inserted under the skin on the inner side of the upper arm.

How does Subdermal Implants Work?

- Thickens the cervical mucus (prevents sperm entering into the womb).
- Prevents the release of the egg from ovaries.

How is it Inserted?

- A simple procedure taking only few minutes.
- Insertion is done under local anaesthesia.
- The implants are inserted subdermally to the non dominant arm.

When should it be inserted?

- **While having periods**
Within first 7 days of the onset of menstruation.
- **After child birth**
6 weeks after child birth.
- **After abortion**
Within the first week of abotion.

What are the advantages?

- **Quick reversibility**
Once the Implants are removed, the contraceptive effect wears off quickly.
- **Convenience**
One insertion for long term protection.
- **Effective**
One of the most effective temporary contraceptive method with a success rate of 99%.
- **Long term Contraception**
Once an implant has been inserted, it will prevent pregnancy for 5 years. But you can have it removed at any time you want to.

Are there any disadvantages?

- Does not protect against Sexually Transmitted Infections.
- Need a trained person for insertion.
- Affects the menstrual cycle/ pattern after insertion.

Side effects

- Menstrual disturbances (absence of bleeding, prolong cycles, spotting, irregular bleeding)
- Weight gain - due to increased appetite
- Headaches
- Dizziness

Myths about the Implants

You cannot use Implants while breast feeding

NO. there is no harmful effect on the growth or health of infants and on quality and quantity of breast milk.

Lack of bleeding due to implants will be harmful

NO. If you do not have your periods while using implants, it does not harm your health or future fertility. It actually protects you from uterine carcinoma.

Implants will cause weight gain

NO. You may gain weight due to increased appetite. This can be controlled by regular exercise and a healthy diet.

Implants will increase the risk of Cancer

NO. Implants make the uterine lining (lining of the womb) thin. This prevents the over growth of the endometrium and prevents endometrial carcinoma. The implant decreases the stimulation of the ovary which ultimately reduces ovarian carcinoma.

Who are the best candidates for Implants?

Subdermal Implant is a perfect method of contraception for couples who want a long term reversible contraceptive method & teenagers who want to postpone pregnancy.



enriching relationships

Family Planning Association of Sri Lanka

FPA Sri Lanka, the Pioneer in Sexual and Reproductive Health since 1953, caters to your SRH needs through its Centre for Family Health.

Centre for Family Health

37/27, Bullers Lane, Colombo 7

Tel : 011 2 555 455, 2 588 488

Fax : 011 2 55 66 11, 2 580 915

E-mail : happy@happylife.lk

Monday - Friday 8.00a.m. - 4.00p.m.

Closed on

Weekends, Poya and Mercantile Holidays

Happy Life Contact Centre



E - MAIL

happy@happylife.lk

TELEPHONE

011 2 588 488

English மீட்டல் தமிழ்

Close to your heart from a distance

தாயகத்திலிருந்து இயங்கும் நெருக்கமாக

WEB

www.happylife.lk

CHAT & VOICE CHAT

happylifedoctor@skype.com,
msn, yahoo, google

SMS

071 6 408 408

*Winner - National Best e - Content Award
(e - Health & Environment Category) at the e - Swabhimani 2009*

Best Non Profit Website of the Year 2010

මේ වීඩියෝ ආකාරයකින් පුද්ගල සෞඛ්‍ය පිළිබඳ තොරතුරු, වෛද්‍ය උපදෙස් හෝ උපදේශන සේවා ලබා ගන්න
இளவிரந்திரச் சுகாதாரம் தொடர்பான தகவல் வைத்திய ஆலோசனைகள் உள்ளவளத்துவ சேவைகளை
இங்கு குறிப்பிட்டுள்ள எந்தொரு முறையிலும் பெற்றுக்கொள்ளுங்கள் முடியும்

Obtain information, medical advice or counseling services on reproductive health using these methods

Health First



CONSULTATION ON

- ▶ Breast & Cervical Cancer
- ▶ Prostate cancer, Urine Problems
- ▶ Menstruation problems
- ▶ Gynecological related problems
- ▶ BMI (Body Mass Index)
- ▶ General Health Check

Information and appointments 011 2 588 488