WHAT ARE THEY?
- Implants (Implante) are long-acting hormonal contraceptives. Small rods or capsules, about the size of a matchstick, are placed under the skin of the upper arm.

HOW EFFECTIVE ARE THEY?
- Provides long-term protection from pregnancy for 5 years.
- The pregnancy rate in the first year of use is less than one percent.

HOW DO THEY WORK?
- The implant is a long-acting hormonal contraceptive.
- Suppresses the opening of the female egg (ovulation);
- Thickens cervical mucus to prevent sperms from reaching the female egg.

WHO CAN USE IMPLANTS?
- Nearly all women at any age can use implants.
- Women living with HIV can use implants, but should inform their doctor if they are on ART, as there might be interferences between ART and implants.
- Safe for women who are breastfeeding. You may start using implants 6 weeks after giving birth.

WHAT ARE THE POSSIBLE SIDE EFFECTS?
- Irregular bleeding or spotting
- Cessation of menstruation
- Headaches
- Abdominal pain
- Weight change
- Breast tenderness
- Dizziness
- Mood changes
- Nausea

WHO SHOULD NOT USE IMPLANTS?
- Women with uncontrolled high blood pressure
- Women who delivered less than 6 weeks ago
- Pregnant women
- Women with other serious health conditions such as stroke, clotting disorder, heart attack, heart failure
- Women with diabetes (uncontrolled and severe)
- Women with breast cancer
- Women with any kind of liver disease
- Women with unexplained bleeding between menstrual periods
- Women with severe joint pain

REMEMBER!
Implants do not protect against HIV and STIs. They should therefore be used together with either the female or male condom.