

If you are unable to make it to your appointment, please let us know as soon as possible, in order that we can use the slot for someone else. Cancellations within 24 hours of an appointment count as "DNA" (did not attend) and cost the NHS £120.



Tayside Sexual Health & Reproductive Health Service Clinics

Dundee

Tayside Sexual & Reproductive Health Service
South Block
Level 7
Ninewells Hospital

Perth

Drumhar Health Centre
South Methven Street
Perth

Central telephone line: 01382 42 55 42

Website: www.sexualhealthtayside.org

Preparation for the removal of a deep or impalpable contraceptive implant ('rod')

Developed by Sexual & Reproductive Health Services and
reviewed by patients

Revised: 09/2019 Review: 09/2021 LN0757

**Tayside Sexual &
Reproductive Health Service**

You have been referred to the Tayside Sexual and Reproductive Health Service because you have requested removal or replacement of your contraceptive implant which appears to be deep, is not felt at all or is difficult to remove.

To make your appointment as straightforward as possible and to ensure that we can carry out the procedure, it is important that you have read all the information in this leaflet.

Please feel free to ask us in person, any questions you may have before your procedure, when you attend on the day.

General information about implant removal

If your implant cannot be felt in the arm where you remember it being inserted, there is a possibility that it may not be there at all. For this reason, it is important that you **do not rely on it for contraception**. Please speak to your GP or practice nurse about an alternative method of contraception while you wait for your appointment. Equally, even if you can just feel the implant but it has expired, please do not rely on it for contraception.

Please bring a urine sample with you to your appointment if you think a pregnancy test is required, especially if you are looking for a replace of your implant.

Some prescribed medication including beta-blockers like propranolol used to help with anxiety, migraine and high blood pressure can interact with the local anaesthetic we use to numb your skin. Please consider taking this type of medication after the removal. Alternatively, call our service for more specific advice.

Please be aware that there are no crèche or child minding facilities at the clinic. You will not be able to look after a child and have your implant removed or replaced at the same time. Unsupervised children under the age of 13 are not allowed to stay alone in our waiting room.

We usually offer to do an ultrasound scan on the day to confirm the presence of your implant before attempting to remove this.

After removal or replacement of your implant

After having your implant removed or replaced you will be asked to keep your bandage clean and dry for at least five days. Sometimes stitches are needed to close the wound. Therefore you will not be able to use a swimming pool or sauna during this time.

The removal of a deep implant often causes some bruising. Very rare complications include an injury to the nerves and vessels of your arm, failure to remove the implant, failure to remove the implant completely or an infection.

Please note – your appointment is:

Date

Time

Place.....

Name

AN _____ (office use only)