

Hormonal Implant

Jadelle



How method works:

- A trained provider inserts the implants under the skin (subdermal) usually on the inside of your upper arm
- The implants slowly release a hormone (progestin).
- Progestin makes the mucus around the cervix thick thus stopping sperm from meeting an egg
- This hormone also prevents ovulation (the release of eggs from your ovaries)

Important facts:

- Jadelle implant is one of the most effective and long-lasting methods
- Does not interfere with sexual intercourse

General Information:

- Jadelle implants are two small rods or capsules (about the size of a matchstick) that are put under the skin of your upper arm.
- They provide long-term protection from pregnancy for up to 5 years
- A trained provider must insert or remove the implant
- Safe for women who are breastfeeding
- You may get an implant within 48 hours after giving birth
- Does not protect against Sexually Transmitted Infections STIs, including HIV

Effectiveness for pregnancy prevention:

Pregnancy rate in first year of use is less than 1 pregnancy per 100 women (i.e less than 1%)

NOTE:

Implants start to lose effectiveness sooner for heavier women (>70kg for Jadelle and 90kg for Implanon).

These women may have to replace their implants earlier (3 years for Jadelle and 2 years for Implanon)

Method not advised if you:

- Have unexplained vaginal bleeding
- Have breast lump (cancer) or a family history of breast cancer in the last 5 years.
- Take medicine for seizures or take rifampicin (as it may reduce effectiveness of contraceptive)
- Currently have blood clot, lupus or history of severe liver disease.



Side effects:

1. You may notice a change in monthly bleeding such as:
 - Lighter monthly bleeding/fewer days of bleeding or irregular monthly bleeding that last more than 8 days
 - Infrequent monthly bleeding or no bleeding (Amenorrhea)
2. May cause headaches, abdominal pain, breast tenderness, or other side effects.

These are common symptoms, they are not signs of illness and vary from woman to woman

How to use:

- A trained provider gives you an anesthetic in the arm to prevent pains. S/he insert the implants just under the skin of the upper arm.
- The procedure takes only a few minutes. You are fully awake during the procedure.
- You may feel some tugging, pressure, or slight pain when the provider inserts the implants.
- After the procedure, get the following information from your provider:
 - Date of insertion as well as the month and year that it will be removed and replaced if you desire to continue with the method

Follow-up:

- Keep the insertion area dry for 4 days
- Your arm may be sore for a few days
- You may also have swelling and bruising at the insertion site. This is normal. It will go away without treatment.

Return to the health care facility any time if:

- You have any inflammation, pus, or redness at the insertion site that gets worse or does not go away
- You see an implant coming out
- You have any questions or problems
- It is time to replace the implants
- You want to have the implants removed
- You have gained a lot of weight.
- Implants may not protect you from pregnancy if you weigh more than 70 kilos
- You develop any health problems
- You think you are pregnant.

This material is adapted from a similar material by Society for Family Health (SFH)

