

Nexplanon E-consult info:

Thank you for requesting information on Nexplanon contraceptive implant. If you decide you would like to schedule a Nexplanon insertion appointment please call (734) 764-8320. If you have unanswered questions or concerns you would like to discuss, please schedule a Contraception Consult appointment through appointment scheduling by calling (734) 764-8320. You can mention you are interested in Nexplanon.

Refer to this message again prior to your Nexplanon insertion appointment for important pre-insertion instructions.

GENERAL INFORMATION

- The contraceptive implant offers highly effective, well-tolerated and easy to use contraception.
- Go to <http://mybestbirthcontrol.weebly.com/> for information on the contraceptive implant, effectiveness, side effects, non-contraceptive benefits, and comparison to other contraceptive methods.

COST

- At UHS the insertion procedure is free to eligible students but the device is not. Nexplanon costs approximately \$1,300. The contraceptive implant is effective for 4 years.

INSURANCE INFORMATION

- If you have SHIP (student health insurance plan) insurance, the insertion and device are covered at UHS without a cost to you.
- if you have any other insurance type, YOU MUST CALL your insurance company to verify your coverage for your Implant device. No one in the clinic can guarantee that your insurance company will pay for an Implant. It will be your responsibility to call the number on the back of your insurance card to confirm for yourself that this Implant device will be covered at UHS. Our tax ID number is **383422836** to verify that UHS is in your network.
- If your insurance states they cover the Implant but not at our clinic, you can call (734) 764-8320, Gynecology nurse, who will work with UHS pharmacy to contact your insurance to check on pharmacy benefits for coverage of the Implant device. Have your insurance card information ready including ID# and Group# when you call the nurse. If the Implant is covered under "prescription benefits," our pharmacy will order your Implant and send it to us for your insertion appointment.
- If you still have questions about insurance coverage for the Implant, you may ask for assistance at our managed care office on the second floor at UHS or at (734)-764-5182. We will ask you to sign a waiver when you arrive for your Implant insertion appointment, stating that you understand you will have to pay for any charges not covered by your insurance. If you cannot or will not sign that waiver, you will not have an Implant placed and need to consider other options for birth control.

PROCEDURE RISKS

- There are some small risks associated with insertion of a contraceptive implant including risk of infection, pain and bruising at the insertion site. Improper insertion may result in difficulty with removal.

SCHEDULING INFORMATION

- If you are currently using an effective form of contraception such as Depo Provera, Nexplanon, birth control pills, patch or ring or have an IUD in place, insertion can be done at any time.

-If you are not using an effective form of contraception or only using condoms/withdrawal, schedule the Implant insertion during or after a normal period. If the Implant appointment will occur after your period, you should not have vaginal/penile penetrative sex, not even with a condom, after your period starts until your insertion to ensure you are not pregnant at the time of insertion. Be prepared to give a urine sample at your appointment. If your period stops before the insertion appointment, this is fine as long as you have not had vaginal/penile penetrative sex from the first day of the period until the insertion appointment.

- Time the implant insertion so that you will be in town for one week following the insertion in case you have problems like pain or swelling at the insertion site. Detailed instructions will be provided to you at your insertion appointment.

PRE-INSERTION INSTRUCTIONS

Plan to eat regular meals and drink fluids on the day of the insertion to avoid lightheadedness or fainting during the procedure.

You will have a light pressure dressing on for 24 hours after insertion and will not be able to shower during that time so plan accordingly.

If you have further questions, respond to this message, or call a nurse at (734) 764-8320.