



The implant will not protect you from sexually transmitted infections. Condoms will. Use a condom when having sex.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can buy them from shops or pharmacies or order free condoms by post from this link.

<https://www.freecondomscentral.co.uk>

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

[www.centralexualhealth.org](http://www.centralexualhealth.org)

**Remember** that it is your choice if you want to have sex or not. You should never have sex if you don't want to.

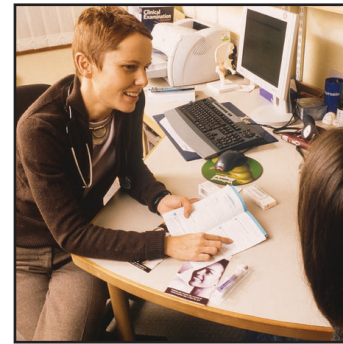
## What you need to know about

## The Implant





The implant is a contraceptive. It is a small rod that a woman can have put under the skin of the arm.



It will be fitted by a doctor or nurse. You will have a local anaesthetic to stop it hurting when it is being fitted.



A woman has the implant to reduce her chances of getting pregnant.



The implant can last for up to 3 years. If you want to have the implant removed you must go back to the clinic and get a doctor or nurse to remove it. Do not try and remove it yourself!



The implant is placed under your skin in the top of your arm. It will be on the inside and will not be seen. You might feel it but once it is in it shouldn't be sore.



Your periods may change when you have the implant in.

Some women have no periods, others have heavier periods.

Remember to speak to your doctor if you are worried.