



Transcript from *Contraception 101: More than Just Pills and Condoms*
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Part 6: Implanon

Eve Espey, MD [*Faculty, OBGYN, University of New Mexico*]: Implanon is the final uh, method that I'm gonna talk about. This is new. It was uh, FDA approved in July of 2007 and the Im... Implanon is, it's an implantable progestin rod. It's uh, implanted in the upper arm and you'll see the rod right here. This is a simulated arm with a...with a uh, with an Implanon in it. So if you feel it, you'll be able to feel the rod and that's what it feels like on an actual arm. So I mean, pass these around as well. This is also a great method. It's uh, it's...it's good for three years. It's, the failure rate is...is uh, is the lowest of any other meth uh, of any of the methods that I've talked about. It's extremely uh, an extremely effective method, less than one percent uh, failure rate. Uh, again it requires a single act of motivation. It...it's...it's uh, placed in the arm with the—I can see you holding your arm like it hurts. It...it doesn't. It's...it's really not bad. It's...it's literally a half-minute procedure. We inject a little bit of lidacane, literally a cc, a very small amount of lidacane with a tiny little needle and that's all you feel. So then we place a larger needle, which we encourage patients not to look at uh, that actually has the device within it uh, and that's implanted un...un...under the arm. You really do not feel the device going in. How do we take it out? Again we inject just a little bit of uh, of

local anesthetic just like what you get at the dentist. We take a very small knife and uh, make a very small incision, like a millimeter and take a hemostat and grab out the Implanon. Uh, so there is a gross-out factor and uh, that probably does account for some of the continuation rate. This also has an eighty percent continuation rate and...and when you think about contraceptives, when you think about their...their real life effectiveness of a contraceptive method, you have to look at what's the failure rate and what's the likelihood that somebody's actually gonna be using it a year later and that is what's so great about these two methods. They have ex...extremely high effectiveness. And remember when I was talking perfect use and typical use? There's no difference between perfect use and typical use of an IUD or Implanon. Whereas there's a ton of difference with those other methods where you have to do something every day, every week, every month. Uh, so uh, so they have very high effectiveness and great continuation rates. Uh, those uh, again the...the...the biggest downside or side of effect of Implanon is that you have to tell patients that you're gonna have irregular, unpredictable bleeding for the entire three years of the implant. That is why personally I like IUDs more than implants, but the continuation rate would suggest that women are very satisfied uh, with Implanon and they're certainly very satisfied with the effectiveness; again uh, health benefits uh, periods may be lighter. They are unpredictable, but they may be lighter. The method costs about uh, five hundred and fifty dollars for an Implanon uh, up front. So again it's about two hundred dollars per year if it's used for the entire three years of the uh, implant.