

## Single centre experience of Implanon-Nxt:

## The newly introduced single rod subdermal contraceptive implant in India



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### Introduction:

- ❖ Implanon-Nxt is the progestogen-only, single rod subdermal implant.
- ❖ Recently introduced by Government of India in the expanded basket of contraceptives.
- ❖ To build client's and service provider's trust, it is imperative to generate evidence.

**Aims and Objectives:** To evaluate menstrual pattern, side effects, continuation rate and premature removals among subdermal implants users.

### Material & Methods:

- ❖ In this ambispective study, clients who have completed 6 weeks post-insertion were enrolled.
- ❖ Type of insertion whether interval, post-abortal or postpartum was noted.
- ❖ Clients were followed up at 6 weeks and 3 months after insertion in accordance with the GOI guidelines with additional visits if required.
- ❖ In the follow-ups, bleeding pattern, any side effect, premature removals with the reasons were noted.

### Results:

- ❖ A total of 460 couples seeking contraception and opting for implants have completed their 6-weeks follow up post-insertion.
- ❖ Of these, 145 (31.52%) were interval, 78 (16.95%) were post-abortion and 237 (51.53%) were postpartum insertions.
- ❖ Menstrual pattern: Heavy bleeding in 37(8%); Irregular or prolonged bleeding/ continuous spotting in 82(17%).
- ❖ Other side effects: Local site pain or itching, headache, mood changes and breast tenderness.
- ❖ Implant broke while in situ in one client (Figure).
- ❖ Premature implant removal: 17/460 (3.7%) clients; the most common reason was heavy bleeding or continuous or irregular spotting seen in 10/17 (58.9%) women.
- ❖ Hence the continuation rates for implant users was 96.3% in the initial two years of implant use.



a: Incision site for removal of both fragments  
 b: Removed broken parts

### Conclusions:

- ❖ Implanon-Nxt, etonorgestrel containing subdermal implant has expanded the choices for long-acting reversible contraceptives (LARC) as postpartum, postabortal or interval methods.
- ❖ In the initial two years of implant use in, there was high continuation rate of 96.3%.
- ❖ The most common reason for premature removal was heavy bleeding or continuous spotting.