

NORPLANT

What Is It?

Norplant is a set of 6 very small plastic capsules containing the hormone progesterin. The capsules are placed under the skin of a woman's upper arm and can prevent pregnancy for at least 5 years.

How Effective Is It?

Norplant is highly effective. If 100 young women use Norplant, typically only 1 of them might become pregnant during the first year. Over 5 years, typically 1.6 young women out of 100 might become pregnant.

How Does NORPLANT Work?

Norplant works by thickening cervical mucus, making it difficult for an egg to pass through, and by preventing the release of the egg from the ovary in about half of menstrual cycles.

Advantages

- * Safe and effective
- * Lasts for 5 years
- * Periods become very light and often disappear after a year of use
- * Completely reversible, can become pregnant again after removing Norplant
- * Can be used while breastfeeding
- * Doesn't interfere with sex
- * May improve anemia

Disadvantages

- * Menstrual pattern will probably change
- * Doesn't protect against STI/HIV

Possible Side Effects

Most adolescents experience no side effects. Occasionally an adolescent may experience:

- * **Irregular spotting or prolonged light to moderate bleeding initially**
- * Bleeding that is likely to become lighter, less frequent, or stops altogether
- * Weight gain
- * Headaches, dizziness, or nervousness
- * Nausea

NORPLANT

CLIENT INSTRUCTIONS

Show the client the implants and explain the following:

How to Use Norplant

- * Six small, plastic capsules are inserted under the skin of the client's upper arm
- * The implant will be effective within 24 hours after insertion
- * The implant will need to be removed after 5 years

Possible Side Effects

- * Most adolescent women experience no side effects
- * **Occasionally adolescents may experience side effects (explain possible side effects, see front of card)**

Norplant Does Not Protect Against STI/HIV

- * To protect against both pregnancy and STI/HIV, use a condom for every act of intercourse

Reasons to Return to the Provider

- * Heavy vaginal bleeding
- * If there is a possibility of pregnancy
- * Severe pain in the lower abdomen
- * Infection at the insertion site
- * Very bad headaches that start or become worse after using Norplant
- * Skin or eyes become unusually yellow
- * Anytime there is a problem
- * A resupply of condoms is needed (never run out before returning)
- * Either partner thinks s/he may have been exposed to an STI

Have the Client Repeat this Information Back to You