

Fact Sheet - Dinka

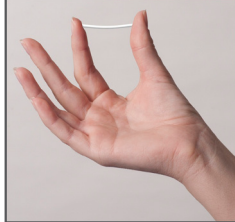
WÄL GËL LIËC DËLCÖK

The Contraceptive Implant



Wäl Gël Liëc Dëlcök Ye Kë Yindä?

Wäl gël liëc dëlcök tödön tōu Ƴothralia a cōl Implanon NXT®. Yeen ee wai alōöt thiin leŋ yic Ƴörmon cōl porojethtojin bē ya wēt bei amāāth rin bī pēn yōkyōk meth. Wäl Gël Liëc Dëlcök a ye tāāu dēl cōk yī kōk lōŋ bī yī rōth. Ku yeen a ye puōl thīn run ka 3 ku a lēu bē bēyē kuat kaam ca tak tē cīn ye ben wīc.



Yeen Ye Diëc Luui?

Yeen ee liëc ñiec gël (tēn akuēn diāār wan 99.9 buōotic). A leŋ wal tuenytuēeny kōk wäl gël liëc dëlcök pēn luōn de, ka yeen apath ba wēt lēk akiēm du wālā akuōnyakīm tē yen wal kōk dek rin tueny tōu yī guōp.

Yeŋa Lēu Bē Ceŋ Wäl Gël Liëc Dëlcök?

Diāār juāāc aa lēu bīk ceŋ wäl gël liëc dëlcök. Yeen apath ke diāār nhīim mār dēkdēk piil abak. Yeen apath ke diāār wīc yeen bīk yōkyōk meth gël run juāāc ku lēukā bīk bēyē bei kuat kaam cīk tak. Yeen a lēu bē cuōm tik kōk nyinic tē wēn dhiēt meth, gut tiŋ thuēt meth thīn a lēu bē ceŋ wäl ye kōk.

Yeŋa Lēu Bē Pēn Cēŋcēŋ Wäl Gël Liëc Dëlcök?

Tiŋ cī wēnh nyōu kaŋ dōm wālā tiŋ leŋ tuany cuāny a cē path bē ceŋ wäl gël liëc dëlcök. Tekdā ka tiŋ ye dēl de put a cē path bē ceŋ wäl gël liëc dëlcök, tē cī yen wīc put ye kōk wālā tē thēk la wācwāc yī diir.

Leŋ Kē Lēu Bē Wāāc?

Diāār kōk aa kuēr tēm yic wālā aa lēu bīk kuēr kaam bāric. Thēk tik a lēu bē kōc bēn. Kā kōk wāāc aa ce rōt lac looi, bē ya kēdā diāār kōk aa ye Ƴar nhīim, ku nyuēnykā wālā rem ke nyōth.

Ye Wäl Gël Liëc Dëlcök Com Kadä?

Akīm ee kīn thīn nyōot tāāu yī kōk lōŋ bī yī rōth. Akīm ee guōp weec kēn kām nōk (antiseptic), ku toom benic thīn nyōot yī kōk, rin bē cumcum cī tōk. Keya, ka wäl gël liëc dëlcök a bē jal cuōm dēl cōk, ku dēr yic. Dērdēr a ye puōl thīn thāā 24. Tekdā ka kōk a bē but ku rem tē wēn cī wäl gël liëc dëlcök cuōm thīn, ku a bē kōc tē thōōk wik.

Ye Wäl Gël Liëc Dëlcök Bēyē Bei Kadä?

Akīm ee benic tuōom yī kōk lōŋ bī wäl gël liëc dëlcök, ku jōl dēl ŋoot kē thiin.

Wäl gël liëc dëlcök a lēu bē dhiēm bei ŋut yic wālā a lēu bē miēt bei makēc.

Na cē wäl gël liëc dëlcök bēyē bei, ka riel deen pēen yen liëc a gua thōk guōp yic. Diāār juāāc aa thēk gōl tē thōōk pēey. Wäl gël liëc dëlcök a dhil bēyē bei tē thōōk run ka diāk. Wäl gël liëc dëlcök dēd a lēu bē lōc thīn nyinic.

Ba Wäl Gël Liëc Dëlcök Yōk Tēno?

Yīn a dhil la tēn akīm bī la gāt wäl gël liëc dëlcök. Akīm juāāc aa wēt lēk yīn kōōl tuēŋ leer yīn ku jalkā wēt lēk yīn ba la dhuk bē bēn cuōm yī kōk. A lēu bē wäl gël liëc dëlcök cuōm yī kōk Panakīm ē Guiēr ē Macthok wālā a lēu bī akīm wālā akuōnyakīm cē piōc tōu akeunhom com.

Na wīc ba lēk kōk yōk

- Jaam kek aguir ē Guiēr ē Macthok NSW telepun ē jam 1300 658 886 wālā nem lōkayukar: www.fpnsw.org.au/talkline
- NRS (raan cīn ye yic) 133 677
- Wālā lōc Panakīm ē Guiēr ē Macthok tōu akeunhom

www.fpnsw.org.au | telepun ē jam 1300 658 886 | dukān athōr

loilooi ē kīim & lēk | piōc & nyuuth | jāc | guiēr ē pinynhom

Aguir ē Guiēr ē Macthok NSW a ce wēu luōi bīk dhiēt ku wēu keen yen luui aa bēn tēn Amathōm ē Pialguōp NSW

Lēk tōu athōr kēn yic a cē gāt ka ye kē lēk koc path ku cīn dēd lēu bī raan looi yeen. Aguir ē FPNNSW a cē kē riēc ebēn guir rin bē lēk kēn ya lēk la cōk ku tēu nyien kōōl wāār gēt yeen. Na leŋ raan diēer alōŋ tē deen bī yen dhiēt thīn wālā alōŋ tē deen bī yen pial thīn tē tēc yen ke moc/ tik, ka yeen apath bē la tēn akiēm de bē yeen la wēt ku kony yeen; tēdā ka lēu bē la Panakīm ē Guiēr Macthok.
Beeric: Pendhētem 2014/FPNSW 06/14

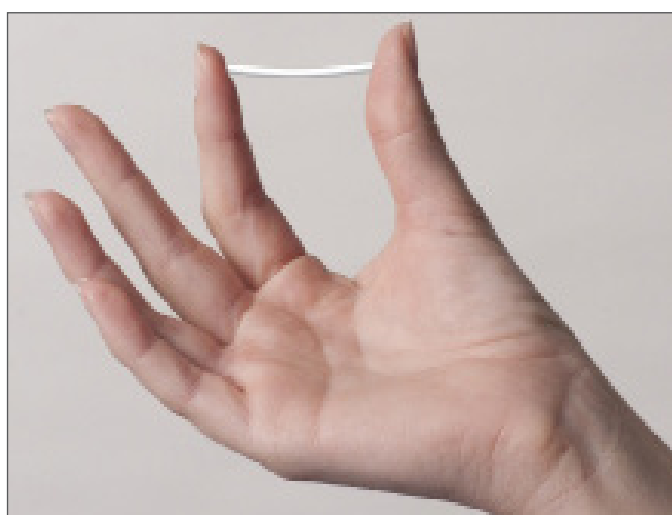
Fact Sheet - English

THE CONTRACEPTIVE IMPLANT



What Is The Contraceptive Implant?

The only contraceptive implant available in Australia is called Implanon NXT®. It is a small plastic rod that contains a hormone, called a progestogen, which is slowly released to prevent you from getting pregnant. The implant is inserted just under the skin on the inside of your upper arm. It is left in place for 3 years but can be removed earlier if you choose.



How Well Does It Work?

It is a very effective method of preventing a pregnancy (more than 99.9% effective). Some medications can make the implant less effective; so it is important to tell your doctor or nurse if you are taking other medications.

Who Can Use An Implant?

Most women can use an implant. It is good for women who find it hard to remember to take a pill every day. Women who want long-term birth control that works well, but can be reversed quickly can find it suits them. It can be inserted immediately after giving birth, including in women who are breastfeeding.

Who Should Not Use An Implant?

You should not use an implant if you have had breast cancer or have certain liver problems. The implant may not suit you if you are prone to thickened (keloid) scarring, if you don't want to have something under your skin, or if you are worried about having irregular periods.

Are There Any Side Effects?

Some women get irregular or prolonged bleeding. Their periods may stop completely. Other side effects are rare, but some women may get headaches, mood changes, or have sore breasts.

How Is An Implant Inserted?

The doctor puts a small mark on the skin on the inside of your upper arm. They clean the skin with antiseptic, and inject a little anaesthetic, which might sting slightly, so that the insertion will not hurt. Then the implant is inserted just under the skin, and a small bandage is put on the arm. The bandage should stay in place for 24 hours. There may be some bruising and soreness around the implant that can last for up to a week.

How Is An Implant Removed?

The doctor injects a little anaesthetic just under the end of the implant, and makes a small cut in the skin.

The end of the implant is either pushed through the tiny cut, or pulled out using a small instrument.

The contraceptive effect wears off quickly when the implant is removed. Most women have a normal period within a month. The implant must be removed after three years. A new implant can be inserted as soon as one has been removed.

Where Can I Get A Contraceptive Implant?

You need to see a doctor to get a script for an implant. Most doctors will talk about it on your first visit and ask you to return for another visit to have it inserted. You can have an implant inserted at a Family Planning clinic or by a local doctor or nurse who has been trained to insert it.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

www.fpnsw.org.au | [talkline 1300 658 886](tel:1300658886) | [bookshop](#)

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Family Planning NSW is a not-for-profit organisation funded by the NSW Ministry of Health

The information in this Fact Sheet has been provided for educational purposes only. FPNPNSW has taken every care to ensure that the information is accurate and up-to-date at the time of publication. Individuals concerned about any personal reproductive or sexual health issue are encouraged to seek advice and assistance from their health care provider or visit a Family Planning Clinic. Reviewed May 2014/FPNSW 05/14

Reviewed: June 2014 | FPNSW 06/14

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Family Planning WA 08 9227 6177 | Family Planning Welfare Association of NT 08 8948 0144

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