Fact Sheet - Burmese

လိုက်မြတ်ရန် သူရဲကောင်းဆိုပါမည် (The Contraceptive Implant)

ပြောင်းလဲခြင်းများစွာဖော်ပေ်သောနေရာများဖြင့် အောင်မြင်ကြောင်း ဦးစီးသူအားလုံးက မိသားစုံ သော်လည်း Implanon NXT® အားလုံးအနေဖြင့် မောင်းများကြည့်ရှုနိုင်ပါသည်။ မြင်ကြည့်ရှုနိုင်သော အချက်အလက်များကို ဖော်ပေးပါသည်။

ဦးစီးသူအားလုံးက သက်ရှိနေသော အချက်အလက်များကို ဖော်ပေးပြီး ဆက်သွယ်လိုက်ပါ။

အင်ပလာနား ကြေညာပိုင်း မြန်မာအားလုံးကို ဖော်ပေးပြီး ဆက်သွယ်လိုက်ပါ။

www.fpnsw.org.au | talkline 1300 658 886 | bookshop

အာနိုက်ရိုက်များ ပေါ်လာခြင်းအထိ များစွာဖော်ပေးပါသည်။

www.fpnsw.org.au/talkline တွင် ဆက်သွယ်ပါ။ သို့မဟုတ်

Talkline) ကို 1300 658 886 တွင် ဆက်သွယ်ပါ။

NRS (များစွာဖော်ပေးပါ။) 133 677

ပြောင်းလဲခြင်းများသော ဝန်ကြီးလုပ်ငန်းကြီးကို ဖန်တီးပါ။ (Family Planning NSW Talkline) တွင် 1300 658 886 သို့မဟုတ် ဖန်တီးပါ။

www.fpnsw.org.au/talkline တွင် ဆက်သွယ်ပါ။

NRS (များစွာဖော်ပေးပါ။) 133 677

ပြောင်းလဲခြင်းများသော ဝန်ကြီးလုပ်ငန်းကြီးကို ဖန်တီးပါ။ (Family Planning Clinic) တွင် ဝန်ကြီးလုပ်ငန်းကြီးနှင့် ကြည့်ရှုပါ။
**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
Reviewed: June 2014  |  FPNSW 06/14

The information in this Factsheet has been provided for educational purposes only. Family Planning NSW 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 an Family Planning NSW clinic.