

## Fact Sheet - Chinese

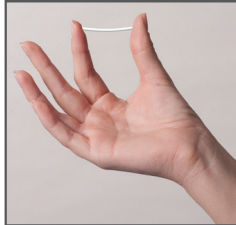
## 植入式避孕棒

## The Contraceptive Implant



## 什麼是植入式避孕棒？

在澳洲，植入式避孕棒只有一種，稱為Implanon NXT®。它是一根細小的塑料棒，其中包含一種激素，稱為孕酮，它會緩慢釋放，以防止懷孕。植入式避孕棒就植入到上臂內側的皮膚之下。避孕棒可以放置3年，但如果您願意，可以更早地取出。



## 植入式避孕棒如何起作用？

植入式避孕棒是一種非常有效的避孕方法（有效率99.9%以上）。有些藥物可降低避孕棒的效果，所以如果您正在服用其它藥物，您必須告訴醫生或護士，這是很重要的。

## 哪些人可以使用植入式避孕棒？

大多數女性都可以使用植入式避孕棒。對於很難記住每天吃藥的人來說，這是一個好方法。有些女性需要效果好、又可以迅速逆轉的長期避孕方法，她們可能就覺得植入式避孕棒很合適。避孕棒可以在分娩後立即植入，其中包括正在用母乳餵養的婦女。

## 哪些人不應使用植入式避孕棒？

如果您有乳腺癌或某些肝臟問題，您就不應使用植入式避孕棒。如果您的疤痕很容易增厚（癩痕疙瘩），或者您不希望自己的皮膚下面有什麼東西，或者您擔心會出現月經不調，那麼植入式避孕棒可能就不適合於您。

## 植入式避孕棒是否有任何副作用？

有些婦女會有不規則或延長的經血，月經也可能完全停止。其它副作用很罕見，有些人可能會有頭痛、情緒變化，或乳房疼痛。

## 植入式避孕棒是如何植入的？

醫生會在您的上臂內側的皮膚上做個小記號，用消毒液清潔皮膚，並注射一點麻醉劑——這可能會引起稍微刺痛，這樣就使您在植入避孕棒時不會感到疼痛。然後將避孕棒植入到皮膚下面，並在手臂上紮一條小繃帶，繃帶應留在原位24小時。植入部位的周圍可能有一些瘀傷和疼痛，時間可持續長達一個星期。

## 如何取出植入式避孕棒？

醫生會在植入式避孕棒的末端部位之下的皮膚注射一點麻醉劑，並在皮膚上切一個小口。

植入式避孕棒的末端通過小切口推出或使用一個小工具拉出來。

植入式避孕棒取出來後，避孕的效果就會很快消失。大多數婦女在一個月內就恢復正常的月經。植入式避孕棒必須在三年之後就取出來。在植入式避孕棒取出來之後，就可以植入另一支新的避孕棒。

## 在哪裏可以獲得植入式避孕棒？

您需要去看醫生，獲取植入式避孕棒的處方。大多數醫生會在您第一次約見時向您作介紹，然後在另一次約見時植入避孕棒。您可以到家庭生育計劃診所讓醫務人員為您植入，或由當地醫生或受過訓練的護士植入。

## 欲了解更多的信息

- 打電話1300 658 886聯繫新南威爾士州家庭生育計劃協會 (Family Planning NSW) Talkline 或訪問 [www.fpnsw.org.au/talkline](http://www.fpnsw.org.au/talkline)
- 全國轉接服務 (NRS，為失聰人士提供) 133 677
- 或親臨您附近的家庭生育計劃診所

[www.fpnsw.org.au](http://www.fpnsw.org.au) | talkline 1300 658 886 | 書店

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新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

本資料中的信息只用於教育目的。FPNSW已盡力確保資料在出版之時，其中的信息是準確和最新的。對於有任何生殖或性健康方面的擔憂的人士，我們鼓勵他們向醫務人員尋求建議和幫助，或到家庭生育計劃診所就診。

審閱：2014年 7月 | FPNSW 07/14

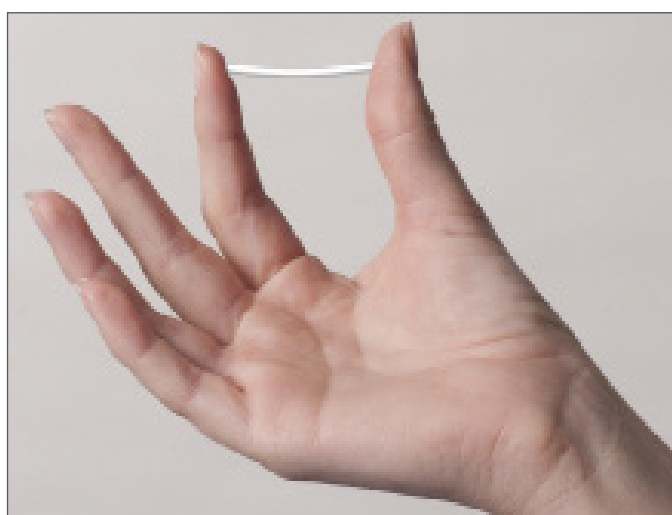
## Fact Sheet - English

# 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](http://www.fpnsw.org.au/talkline)
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

[www.fpnsw.org.au](http://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

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

Sexual Health and Family Planning ACT 02 6247 3077 | SHine SA 08 8300 5300

