ពត៌មាននៅក្នុងកកដាសអង្គនេតនុននះកតរូវបានផ្តល់ជូនសំរាប់នោលបំណងអប់រំតតប៉នុន្ ណះ។ FNPNSW បានកបកាន់យកនូវរាល់ការកបរុងកបយ័ត្ន�ើម្បីធានាថាពត៌មានគឺមានភាពកតរឹមកតរូវនិងទាន់សម័យនៅឯនពលនវលាននការនបាះពនុម្ពផសាយ។ បនុគ្គលទាំងឡាយត�លមានការកពរួយបារម្ភអំពបីការបន្តពូជផ្ ទា ល់ខ្លួន ឬ បញ្ ហា សនុខភាពរលួមនេទ កតរូវបាននលើកទរឹកចិត្តន�ើម្បីនោយតសវែងរក�ំបូនាមា ននិងជំនលួយោំកទពបីអ្កផ្តល់ការតែរកសាសនុខភាពរបស់ពលួកនគ ឬទស្សនាគ្បីនិចតផនការកគរួសារ។

ពិនិត្យនសើនរើន�ើងវិញៈ ឧសភា 2013/FPNSW 05/13

www.fpnsw.org.au

| តខ្សទូរស័ពទានិយាយ 1300 658 886 | ហាងលក់នសៀវនៅ | ការអេិវឌ្ឈន៏អន្តររាតិ |

ការបន្សាំមិន្តោយមាន្កូន្?

The Contraceptive Implant

ពត៌មានការបន្សាំមិន្តោយមាន្កូន្ Implanon NXT។ ការបន្សាំមធ្វើឱ្យមានការជួលស្តីមកពីអត្ថប្រយោជន៍អាហារឈើបន្តរៀមមួយដ៏ធំ។ មានការបន្សាំមិន្តោយមាន្កូន្ 99.9% ដែលប្រឈមពីមិនមានការបន្ទាប់សមារប់បន្សាំមិន្តោយមាន្កូន្ ជាមួយនឹងមានការបន្តរៀមមួយដ៏ធំ។

ពត៌មានការបន្សាំមិន្តោយមាន្កូន្អាហារឈើបន្តរៀមមួយដ៏ធំមានរស់នៅក្នុងការបន្សាំមិន្តោយមាន្កូន្ 99.9% ដែលប្រឈមពីមិនមានការបន្ទាប់សមារប់បន្សាំមិន្តោយមាន្កូន្ ជាមួយនឹងមានការបន្តរៀមមួយដ៏ធំ។

ពត៌មានការបន្សាំមិន្តោយមាន្កូន្អាហារឈើបន្តរៀមមួយដ៏ធំមានរស់នៅក្នុងការបន្សាំមិន្តោយមាន្កូន្ 99.9% ដែលប្រឈមពីមិនមានការបន្ទាប់សមារប់បន្សាំមិន្តោយមាន្កូន្ ជាមួយនឹងមានការបន្តរៀមមួយដ៏ធំ។
**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
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.