

NORPLANT

What Is It?

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

How Effective Is It?

Norplant is highly effective. If 100 young women use Norplant, typically only one of them might become pregnant during the first year. Over five 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

- * Is safe and effective.
- * Lasts for five 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.
- * Does not interfere with sex.
- * May improve anemia.

Disadvantages

- * Menstrual pattern will probably change.
- * Does not protect against STIs/HIV.

Possible Side Effects

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

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

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 five 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 STIs/HIV

To protect against STIs/HIV and provide further protection against pregnancy, use a condom for every act of intercourse.

Reasons to Return to the Provider

- * Heavy vaginal bleeding
- * 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 completely before returning).
- * Either partner thinks s/he may have been exposed to a STI.

Have the Client Repeat this Information Back to You.