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**HART FAMILY
MEDICAL**
AND IUD CLINIC

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Nexplanon Pre-insertion Instructions

- Please eat or drink something before your visit. **DO NOT FAST.**
- In order to have the Nexplanon inserted you cannot have unprotected sex for two weeks prior to your appointment.
- If you are using a hormonal birth control method like the pill, patch, ring or Depo-Provera, please make sure to continue to use it until your Nexplanon insertion.
- If you do not use a hormonal method: please abstain from unprotected intercourse from the time your menstrual period starts until the implant insertion.
- The best time to insert is in the first 5 days of your menstrual period starting.
- You will receive a pregnancy test prior to your insertion. Please do not urinate one hour prior to the visit.

For Your Visit:

- Make sure you have your prescription prior to the insertion appointment. Your insertion appointment will be covered by AHS, so please bring your health card and a piece of ID.
- We ask that you do not bring children with you to your appointment.
- If you are running late, call us, so that we can provide you with your options for the day. If you are late, we do reserve the right to reschedule.
- Please let us know 24 hours in advance if you need to cancel or reschedule your appointment.