



Information Sheet - *Nexplanon*

What is Nexplanon?

Nexplanon is the latest advancement in female contraception. Nexplanon is a state-of-the-art single-rod implantable contraceptive method that lasts for up to three years. Nexplanon is ideal for women who prefer not to think about birth control every day, week, or month. Nexplanon is reversible; it can be removed at your request.

Nexplanon is a small rod that contains a contraceptive hormone. It is inserted in your arm during a short in-office procedure. Nexplanon is not noticeable, providing you with a discreet method of birth control.

Nexplanon releases a low steady dose of etonogestrel (progestin). Nexplanon does not contain estrogen. Nexplanon prevents pregnancy by stopping the ovaries from releasing eggs. It is one of the more effective methods of birth control. Studies show that the chance of getting pregnant with Nexplanon is very low, with less than one pregnancy per 100 women who used Nexplanon for a year.

Your doctor will review the risks and side effects associated with Nexplanon. You may experience a change in your menstrual periods, such as irregular, unpredictable, or absent bleeding. Nexplanon is not a recommended method of contraception for women who smoke or have a history of blood clots.

The Process

Nexplanon is one of many methods for contraception, and you and your provider may discuss this during your normal annual gynecologic exam or during a separate contraceptive counseling appointment. If you wish to explore using Nexplanon, you will need to schedule an appointment with our physician who specializes in Nexplanon insertions (currently only two of our doctors do this procedure). This appointment is a consultation appointment in which you review your health history and whether Nexplanon is an appropriate option. This visit is separately billed from the actual procedure, should you choose to move forward with this option, and you may be billed co-pays or have it applied to your deductible. Please check with your health plan before scheduling this appointment.

Once the decision to go forward with Nexplanon has been made, you will be scheduled for a separate in-office *procedure* appointment at which the Nexplanon device will be inserted. Nexplanon is a small rod, about the size of a matchstick. The doctor can quickly insert Nexplanon in your arm during this visit (about 20 minutes). You will need to use another form of birth control for one week following the insertion.

Nexplanon is effective for three years. At three years, the used insert needs to be removed. Your doctor can quickly remove the insert in a short in-office visit. You may have another insert implanted at that time.

The effects of Nexplanon are totally reversible. You may choose to have your Nexplanon insert removed before three years. After removal, you will return to your pre-existing fertility level.

Insurance Coverage

It is important that prior to considering Nexplanon that you check with your insurance carrier to see how Nexplanon and its associated visits are covered (including co-pays, coinsurance and application to deductibles). For this purpose, you will want to make sure your insurance company knows the following information:

- Tell the representative that there will be two visits associated with this option: an office visit (CPT 9921x) to evaluate whether you are a candidate for Nexplanon, and the actual procedure visit. NOTE: Nexplanon is considered a “physician-administered drug” and not a device.
- The representative may ask you for the following information:
 - NDC Codes: 0052-0272-01 or 00052-0272-01
 - Drug Code (HCPCS): J7307
 - Insertion Procedure Codes (CPT): 11981