

NORPLANT

Effectiveness (chances of NOT getting pregnant)

- More than 99%

What is Norplant?

- Six capsules containing synthetic hormones inserted under the skin of your upper arm.
- Capsules slowly release hormones into the bloodstream over a 5-year period.
- These hormones stop the ovaries from releasing an egg each month.
- Hormones also thicken mucus in the cervix (opening to the uterus), stopping sperm from entering it.
- Reversible method of birth control.

Advantages of Norplant

- Long term method can stay in for 5 years.
- After 12 to 18 months of using this method, periods usually stop.
- Can be removed anytime, and the woman can become pregnant right away.
- Does not interfere with sex.
- Reduces risk of ovarian or endometrial cancer.

Disadvantages of Norplant

- You may experience spotting between periods, light periods, longer periods, or no periods.
- You may experience weight gain and hair loss.
- It is expensive anywhere between \$500 and \$700 depending on where you go (at a Title X Federally supported family planning clinic fees are based on family size and income, so fees could range from \$0 to \$700).
- It requires minor surgery for insertion and removal of the capsules (done in the clinic or doctor's office).
- Effectiveness is lowered by most antiseizure medications.

How Do I Decide?

- Is having a small scar and having the capsules in your body a problem for you?
- Do you have any medical problems such as breast cancer, liver, or heart disease that will prevent you from using this method?
- Does this method fit with your religious or moral beliefs?
- Do you have sex frequently or not very often? If not very often, do you want extra hormones in your body all the time?
- Is the Norplant method best for you?
- Do you want to discuss this method with your clinician, family planning clinic staff, husband, partner, friend, or family member? In the Philadelphia area, click here for a list of local family planning clinics. Outside of Philadelphia, please click here for a clinic near you www.plannedparenthood.org.

REMINDER: This method does not provide any protection from sexually transmitted diseases (STD's) including HIV and Hepatitis B. Using condoms consistently can help prevent STD's.