Follow-Up for Implants Users

No routine follow-up visit post-insertion

Implants users do not need any routine follow-up visits until it is time to remove the implants. However, every client should be assured that she is welcome to return at any time—for example, if she has questions, problems or want another method; has a major change in health status; or thinks she might be pregnant. Also, if:

- She has pain, heat, pus, or redness at the insertion site that becomes worse or does not go away, or she sees a rod coming out.
- She has gained a lot of weight. This may decrease the length of time her implants remain highly effective.

Annual visits may be helpful for other preventive care, but they are not required for use of implants. Clients should be encouraged to come in for other preventive reproductive health care if available, including the provision of condoms when appropriate.

Helping Continuing Users

If the client returns, providers can use the opportunity to:

- Ask how the client is doing with the method and whether she is satisfied. Ask if she has any questions or anything to discuss.
- Ask especially if she is concerned about bleeding changes. Give her any information or help that she needs. (See Management of Side Effects for Implants.)
- Ask a long-term client if she has had any new health problems since her last visit, addressing problems as appropriate.
- Ask a long-term client about major life changes that may affect her needs—particularly plans for having children and STI/HIV risk, with follow up as needed.
- If possible, weigh the client who is using Jadelle implants. If her weight has changed enough to affect the duration of her implants’ effectiveness, update her reminder card, if she has one, or give her a new reminder card with the proper date.
- Remind the client how much longer her implants will protect her from pregnancy and of the date (month/year) her implants need to be removed/replaced (if she wants to keep using implants and no new medical condition prevents it).
Need for well-trained providers
Successful implants programs require well-trained providers who exhibit:

- Good clinical judgment in selecting acceptors.
- Care, sensitivity, and thoroughness in informing the user about implants and common side effects.
- Skill in inserting (and removing) the implants.
- Knowledge of and ability to recognize current or potential problems.
- Ability to take clinical action for these problems, including knowing when (and where) to refer clients with serious complications.

Long-term success, as defined by satisfied clients and high continuation rates, will only occur if the provider can recognize the importance of providing good follow-up care, as outlined above.

Adapted from: