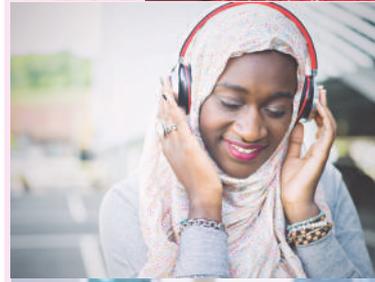




# LEVOPLANT

The affordable pregnancy prevention/child spacing plan



## About Levoplant

Levoplant is a high quality, affordable two-rod contraceptive implant that is safe and highly effective in preventing pregnancy for **three years**. Each rod contains 75mg of the hormone, Levonorgestrel which is released slowly in the body. Levoplant is inserted just under the skin of a woman's upper arm by a trained healthcare provider.

## Core Advantages of Levoplant

- ▶ Levoplant gives women an **immediate return to fertility** as a result of fast elimination rate of the hormones from the body once levoplant is taken out
- ▶ **Fewer side effects** due to levoplant **lower daily dose** in the body as compared to other implants.
- ▶ Levoplant has a **thinner disposable trocar** that reduces inflammation, bruising and microbial contamination at the insertion area
- ▶ Levoplant is high quality and the **most affordable** 3 year implant in Nigeria

## How does Levoplant work?

Levoplant works by preventing the release of a woman's egg (stopping ovulation) and thickening the cervical mucus, making it difficult for sperm to reach the egg.

## How effective is Levoplant

Levoplant is highly effective- 99.9% . This means that the chances of getting pregnant while on Levoplant is extremely low.

## Who can use Levoplant

Levoplant is safe for most women including:

- ▶ Breastfeeding mothers (from six weeks after child birth)
- ▶ Women who are HIV positive
- ▶ Women who smoke



## Other advantages of Levoplant

- ▶ A long acting, safe and reversible contraceptive
- ▶ Quick insertion and removal procedure
- ▶ Private contraceptive that does not interfere with sex
- ▶ Routine clinical follow up after insertion is not required
- ▶ Levoplant rods are packed in a sterile pouch to prevent contact-infection

Common side effects	Management
<b>Menstrual Changes:</b> These include <b>Heavier/Lighter period, Prolonged bleeding or Amenorrhea</b> (No period)	<ul style="list-style-type: none"> <li>▶ Bleeding changes are normal and not harmful.</li> <li>▶ Prolonged or heavy bleeding usually reduces with time, but ibuprofen 400mg can be prescribed three times daily for 5 days to manage bleeding. For ulcer patients, you can prescribe Levofem daily contraceptive pills to be taken for 21 days.</li> <li>▶ Inform user that '<b>no bleeding</b>' does not mean pregnancy but user can do a pregnancy test when in doubt.</li> </ul>
<b>Headache, dizziness, nausea</b>	These are usually mild and will go away very quickly
<b>Weight changes (gain/loss)</b>	Exercise and eat healthy to maintain body weight
<b>Breast tenderness</b>	Avoid tight clothing, apply warm compress

## When to start Levoplant:

A woman can start using levoplant any time she wants, once it is reasonably certain she is not pregnant. In addition, Levoplant can also be inserted immediately after a miscarriage or an abortion and women who are breastfeeding can start using it from 6 weeks after delivery.

## Levoplant After Care

### Advise your client to:

- ▶ Keep the insertion area dry for three days. Take out gauze or plaster after three days
- ▶ Rest her arm and avoid lifting heavy weight
- ▶ Have Levoplant removed after 3 years. She can have another Levoplant re-inserted the same day if she wants to continue preventing pregnancy.

Your client should know that her arms may be sore immediately after the procedure. This is due to anesthetic effect and soreness will go away quickly without treatment.

**NB:** \*Levoplant is registered in Nigeria for three years but clinical trails supporting it for four years has been submitted to WHO for a change in label and data will be updated soon

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To learn more about pregnancy prevention, contraception and child spacing methods, visit [www.honeyandbanana.com](http://www.honeyandbanana.com) or join the conversation on social media @honeyandbanana with the hashtag #BeSharp

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