

Consultation on draft scope: FSRH Member FSRH Clinical Guideline Progestogen-only Implants

This document provides a more detailed description of the proposed content for the FSRH Clinical Guideline on Progestogen-only Implant updated

Please submit your feedback using the online survey:

<https://www.surveymonkey.co.uk/r/POSDIScopingFSRHMemSurvey>

1. Purpose and Scope

2. Summary of changes (anticipated)

- ▶ Insertion site
- ▶ Risk of intravascular insertion
- ▶ ?Advice for use beyond licensed 3 years

3. What is the PO SDI and how does it work?

Mode of action

Duration of use

- ▶ Licensed use
- ▶ Extended use

4. How effective is the PO SDI?

- ▶ Figures for effectiveness
- ▶ Effectiveness beyond licensed duration of use (when (not) to consider EC)

What can affect effectiveness?

- ▶ enzyme inducing drugs
- ▶ ??Esmya
- ▶ NOT
 - ▶ Antibiotics
 - ▶ absorption issues/ Diarrhoea +Vomiting
 - ▶ ?weight/ BMI

5. What are the benefits?

Contraceptive benefits

- ▶ Highly effective and reversible
- ▶ Non user dependant

Non contraceptive benefits

- ▶ Possible amenorrhoea/less bleeding, lighter bleeding

6. What are the risks?

- ▶ Insertion site infection
- ▶ ?Allergy
- ▶ Deep/intravascular insertion
- ▶ Cardiovascular
- ▶ Cancers
- ▶ BMD
- ▶ Ectopic
- ▶ Ovarian cysts

7. What are the possible side effects?

Bleeding patterns (link to section on management of bleeding problems and to Problematic Bleeding guideline)

- ▶ Mood changes, headache, skin (other hormonal side effects...)
- ▶ No evidence that the implant affects weight

8. Who can use the PO SDI?

- ▶ UKMEC 2016- mention category 3 and 4 conditions (there aren't many) e.g. current/past breast cancer, severe cirrhosis or liver tumour, undiagnosed abnormal bleeding.

9. When can the PO SDI be inserted?

- ▶ Standard start
- ▶ Quick start (link)
- ▶ Start after EC (link)
- ▶ Start after pregnancy: childbirth, abortion, misc, ectopic, GTD (link)
- ▶ Switching from other contraceptive method

10. Drug Interactions

- ▶ Enzyme inducing drugs
- ▶ UPA

11. What should be done in an initial consultation?

- ▶ Assessment of eligibility: PMH (e.g. breast cancer history/liver disease/bleeding problems), FH
- ▶ Assessment re effectiveness: DH
- ▶ Information giving- effectiveness, mode of action, insertion and removal procedure, interactions, risks- deep/intravascular insertion, bleed pattern, S/E, duration of use
- ▶ PMH, FH, meds, allergies, LMP, menstrual history, sexual history, smear history
- ▶ When to start, how long until implant becomes effective
- ▶ Any FU (eg. pregnancy test)

12. How should the implant be inserted, removed and replaced?

- ▶ Training requirements
- ▶ Technique:
 - ▶ Aseptic procedure (skin cleaning agent)
 - ▶ Positioning (diagram of both position and depth)
 - ▶ Anaesthesia (injected LA, topical LA, ethyl chloride spray)
 - ▶ Insertion procedure
 - ▶ Standard removal (advice that if deeper refer on)
 - ▶ Replacement
 - ▶ Aftercare
 - ▶ Resuscitation
- ▶ Appropriate links to Standards documents

13. **What are the risks associated with the insertion or removal procedure?**
 - ▶ Deep insertion
 - ▶ Intravascular insertion
 - ▶ Non-insertion
 - ▶ Nerve or vascular injury

14. **Follow up information and advice**
 - ▶ When to return (impalpable, infection, pain, bleeding concerns, expiry date)
 - ▶ When to do pregnancy test if required

15. **Management of problems associated with PO SDI use**
 - ▶ Problematic bleeding
 - ▶ Impalpable implant (discuss referral pathway and deep implant removal procedure here)
 - ▶ Bent or fractured implant
 - ▶ Pregnancy

16. **What recommendations are there for stopping the PO SDI?**
 - ▶ Switching to another contraceptive method (link to switching document)
 - ▶ Planning a pregnancy (pre-conception advice, no delay in return to fertility)
 - ▶ Can be used until aged 55

17. **Cost effectiveness**

18. **Recommendations for Future Research**
19. **Considerations for Implementation of this Guideline**
20. **Useful links**
21. **References**
22. **Appendices/ Resources**
23. **Questions for Continuing Professional Development**
24. **Auditable Outcomes**