Nexplanon weight gain Ive had nexplanon for the last couple years and Ive gained 30lbs💀 I hate it. It constantly makes me feel hungry and I dont stay full for long. It also still makes my arm sore. Anyone else experience this?

Huge changes 6 days after implanon removal I was put on the implant birth control just weeks after giving birth to my son 3 years ago. I didnt have any super negative side effects as far as I was aware of, aside from crazy irregular periods (I started having 3 week long periods that were unpredictable over the last few months). I got it removed on Thursday of last week and within days, I noticed my sex drive shot up. I have had almost zero interest in sleeping with my husband for the last 3 years. It was a chore. I had to just grin and bear it. I would masturbate all the time, but I had no interest in sex with my husband. But now, suddenly, Im actually willing and I even initiate it and enjoy myself. I thought my low libido was from being tired. Im a mother and a nursing student and I work 12 hour shifts at the hospital. Now Im thinking that the birth control was to blame. I dont ever want to be back on it again if its going to make my husband feel unwanted for years on end. Just what I needed to hear, getting mine out soon, 0 sex drive is one of the reasons. And happy for you! (: I got mine out around the same time - are you having any side effects still? I got my period all good and normal but that was a week ago and now my breasts are so incredibly sore and I can only guess its down to hormones still balancing out.. Its been almost 2 months now without Nexplanon and on Yaz. Dont have any side effects at all! I did feel pretty bad mood wise for about a week, but that could have been anything. Everything is getting better very noticeably, my hair is sprouting, mood is good, lost some weight, acne clearing up, no headaches, anxiety pretty much gone etc.

Kyleena acne Hey guys, I got my kyleena inserted 5 weeks ago. Prior to that I was on Junel Fs (low hormone combo pill) for three years. I am enjoying the convenience and better protection of the iud. However, I have suddenly broken out all over my shoulders, stomach, and a couple of painful pimples have occurred on my chin. I have a good skin care routine (but would love suggestions). Prior to this I would only ever get random pimples sometimes. I am terrified of the acne getting worse and getting cystic acne on my face. Been reading so many experiences where it doesnt go away even after getting the iud out. When it shows up this early should it go away by month 3? Should I wait it out or get it out while I still wont have much acne to deal with. Its been horrible for my self esteem and really making me feel awful. Thank you for the help. Hi! After my first Kyleena I had pretty bad hormonal acne as well and I also struggled with my confidence. After seeing a dermatologist and getting facials (which neither helped at all) i finally found the only thing to ever help me get rid of it was Differin gel and the benzoyl peroxide wash they have. It was just predominantly on my face though, I hope you find some answers! Ive never had acne in my life but had horrible cystic acne all over my jawline and neck shortly after getting the kyleena. I didnt realize it was the IUD at first so I was trying every lotion, antibiotic, rx, etc to combat it. Eventually my derm called it out that it was probably the IUD so I got it taken out immediately (about 2.5 mos after insertion). I cant explain how bad mine was - it was impossible to cover up and they just kept coming. Its about 2 weeks after removal now (but Im also on 4 rx - 2 topical, 2 pills) and my skin is def healing. But now I have to deal with the scars and hyperpigmentation. I would have never gotten an IUD if I knew this was a side effect. My recc is to get the devil thing out of you, but everyones situation is different. Good luck!

How did you guys lose weight after removing the birth control implant (nexplanon). Any tips and tricks? I cut out soda and drank water. An occasional soda is fine. But to start I would cut it out completely. have you had any luck? i have nexplanon now but really thinking of getting rid of it for two reasons 1. im not with my boyfriend anymore and having regular sex 2. im on a weightloss journey and im afraid the implant is slowing it down. if you found losing weight to be easier once having it out, lmk!

On the Kyleena and really wanting to switch birth controls due to negative side effects Hello there guys! I got the Kyleena in 2019- I have always been active, and ate clean and healthy- my weight had always stayed from 125-135 lbs. Within three months of getting the Kyleena I gained about 40 pounds. within 6 months of having it I was at 186 pounds. Absolutely nothing had changed with my lifestyle- if anything I was more active. I had a very active job and was very health conscious. My change in appearance and how fast it happened was VERY obvious and very fast. I went to the doctor many times to get my thyroid tested, I got tested to see if I had something called Cushings disease- all my tests seemed to come back normal. I never really chalked it up to being my IUD until I was looking through all my notes from each doctors visit and seeing the weight changes pr visit since I had gotten the IUD. It was like my entire body and hormones and just how I was feeling changed- no matter the extra efforts I was putting in to see positive changes. It seemed like an uphill battle- I couldnt get the weight off, my hormonal acne has been HORRIBLE, my energy levels are terrible, I feel as though my depression has been so much worse, and the cramping was god awful (also I stopped getting a period all together) &amp;#x200B; Id really like to switch to another form of birth control. I dont trust myself on the pill, and I really would prefer to stay on an IUD. Before the Kyleena I had the Mirena- and on the Mirena I had really terrible cramping and very irregular periods- but never the weight gain or the constant sick feeling and being very lethargic. &amp;#x200B; I thought maybe the Paragard? But I am concerned- I heard it makes your periods hellish and very heavy bleeding. Not sure about weight gain or acne or any of those things. I would just love to hear other peoples experiences and maybe suggestions. Or maybe hear from someone with a similar situation and see what you went to after the Kyleena and if it has been or gotten any better. Thank you so much ladies! &lt;3 I too am fed up with kyleena, 6 weeks into a controlled diet, a personal trainer and I am doing much more fitness wise than before. I havent lost anything. I have acne like a teenager (I am 45) I could cry, skin is crap. My hair thinned out, wasnt helped by an iron deficiency which I have been taking tablets for. I feel so bloated I could burst. I am a year with it in June. I want it out but where do I go with BC next? Sooooo fed up x Im in the same position and Im so stuck because I have no idea what to get now that my body and skin and hair is ruined. Ive looked at mirena and Paraguard but I still dont know if those will be better options. Wish I could just get off of birth control for good. I dont even look like myself anymore. I hope your situation gets better too love, I feel your pain 🥺😢

Swollen and sore breasts a month before Nexplenon expires? I have the Nexplenon implant, and I love it. Im coming up on my 3 year mark, and am going to get it removed/get a new one at the end of January. Its about a month before it expires and my boobs are swollen and sore as hell. Like none of my bras fit correctly swollen. Has anybody else who has had their Nexplenon 2.5/3 years experienced this just before it expires? Edit: Im going to take a pregnancy test just in case but I dont think thats the reason Im experiencing this as well, did you get to the bottom of it? No :/ Im just sticking it out until I get a new one and Im hoping thatll fix it So I got my replacement today (was due out Feb) and was told that symptoms such as sore boobs are quite common at the end of the implants life due to it trying to balance out hormones (or something along those lines) Okay, thats what I thought but I couldnt find anybody else experiencing the same thing. Thank you!

IUD removal after 1 year Hey everyone, Im strongly considering getting my Kyleena IUD removed after 1 year of having it due to the effect the progesterone has had on my body. At this time I dont really want to go back on the pill, and am thinking about going cold turkey for a while to see how my body responds. If anyone could share their IUD removal experiences, good or bad, what made you want it removed, advice, etc. Please share! Edit: if there is also anyone who has gone completely cold turkey off bc and has experience to share about what that looks like that would be appreciated as well! I had Mirena from 2012-2015 and loved it. I had it removed for two reasons - I had just gotten married and we wanted to start trying to get pregnant relatively soon and after 3 years of no periods I started spotting the last 4-6 months I had it and I thought it may not be working anymore. Removal is a cake walk! One cough and its done, no pain, no tugging/pulling, no cramping. Because I wanted to conceive, I was not on any form of birth control afterwards. My periods returned shortly afterwards, and became regular for the first time in my life. They were about as heavy as before, same symptoms (migraines before and after, slight cramping. I never get moody, bloated, extreme pain, etc.). I went almost 1 year exactly with no birth control before I got pregnant. Ive had 2 kids now (both C-sections, cervix never dilated) and just talked to my doctor today about getting another. Nervous but they are so worth it! Thank you for sharing your experience! If you dont mind me asking, I believe Mirena and Kyleena are the same? So did you struggle with weight gain and skin problems with the Mirena? I believe my IUD is the issue because in the last year Ive made no lifestyle changes or dietary changes, still as active as I was before my IUD insertion, but Ive gained 40 pounds over the last year. Ive also developed very dry skin with a combo of hormonal acne, which Ive never experienced before. I dont plan on having kids for another 3-5 years at least, so Im nervous about going cold turkey, but my bf and I have had no issues or scares with condoms, even before I started BC. Im very nervous about the removal process because my gyno has refused to remove my IUD in the past, after I was having strong pelvic pain and was worried I had PID. So that made me very upset obviously that my gyno feels like she can make decisions for my body. But Im going to ask my doctor for a referral to a new gyno. Thanks again for sharing! Hi there!! Im currently on month 4 of my Kyleena! Ive been going back and forth if I would get another after this one is up! From the random cramping when theres no period, ghost periods, and the monthly yeast infections, really has me on the fence! But the idea of not having to worry about pills and pregnancy scares makes up for it I guess! Before I got my IUD I had the Nexplanon which I HATED.. once I hit my year and a half mark my hormones changed wildly! Hair falling out, acne, weight gain, all the horrible things we hate!! So I got it out! I went cold Turkey for 3 months before my IUD! I loved the idea of not having and extra hormones in my body &amp; I felt great!! Until my periods came.. on bc when I was on Bc my periods were light, light cramping also! But off I had horrible cramping and that I hated! But then I was sexually active.. so I mean unless you are will to take the gamble its a wonderful feeling to have your body not have any extra hormones in it! Best of luck!! Kyleena has a lower dose of progestin than Mirena. I did not have any weight gain or acne on it. On pills, I did as well as breakthrough bleeding, even on the highest dose of estrogen. On Mirena, which doesnt even have estrogen, my periods stopped completely, my skin actually got better (never had acne, but my forehead was always bumpy and Id get frequent pimples in my t-zone; on Mirena, my skin got better though not completely), and I stopped gaining weight (though it wasnt until I did Weight Watchers a few months later that I actually lost weight and I was able to get to my lowest adult weight). It may have been coincidental, but during the time I was on Mirena (and afterwards) my libido was lower and I was drier. But I also had just turned 30 so age may have been a factor. Thank you for sharing! Im sorry that youve been getting yeast infections with the Kyleena! I had a very rocky start with mine as well. I was passing a lot of uterine lining which scared me into thinking I was having a miscarriage and then the thought that I could have been pregnant before my IUD was very emotionally taxing.. and that is crazy about the nexplanon! That is very scary to think about. My 1 year anniversary with my IUD was on July 9th, and tbh my periods are barely existent. Not a lot of cramping ever, but it is very painful to have sex when Im on my period, especially when my bf hits my cervix, its excruciating. I am having the same idea as you did about going off BC. I really only went on it in the first place so my bf and I could go without condoms, but the amount of times weve done that dont outweigh the times we have used condoms so the whole purpose of me getting the IUD seems null at this point lol! But thank you!! And I hope your symptoms get better! Your body probably just needs to adjust, I noticed a lot of my issues went away after the 6 month mark! Ahh ok! Yeah its funny how our bodies reacted differently, although I am still not 100% sure the Kyleena was what caused my issues. So that also may be coincidental and I turned 25 this year so it could also be an age thing as it is typically harder to lose weight as you age 😓 but one thing we do have in common is that I have also actually had a lower libido and difficulty with dryness since going on progesterone. Before Kyleena, I was on Tricyclin Low which I believe was also a progesterone. And before that I was on a pill that was Estrogen, which made me super emotional, but I had the craziest sex drive! Im not usually the type to cry but on that pill I was crying 24/7.. quite literally! But when I switched to Tricyclin, I became almost numb where I had no emotion at all it felt like, and I got very depressed. I have Kyleena as well and was also considering quitting cold turkey. I had skyla before this but then my doctor discontinued and I cant use any birth control with estrogen. So she thought the kyleena was the best fit. I never had any issues with the skyla but I feel like with the kyleena Im having an extremely low libido and dryness and Im 24 years old I shouldnt have any of these issues but also experiencing pain during intercourse and Ive been with my partner for 5 years. I made an appointment with my gyno to get her opinion. But seeing that you are having similar effects Im assuming its side effects of this iud. Thank you for sharing! You are the second person who has shared about the dryness and low libido, which I experience as well!! And yes the pain during intercourse! I never experienced that until my IUD! Im glad Im not alone or just imagining my side effects! I had my Skyla taken out about 4-5 years ago (also Progestin only) - the actual removal procedure was a BREEZE compared to insertion - zero pain, maybe a light pinch but I vividly remember saying to my gyn thats it??? Its out?? Because I barely felt it compared to the nightmare pain of insertion. Everyones experience with hormonals (going on or coming off) is different but I felt back to myself within 2 weeks, as if nothing had happened That is so relieving to hear! I had a horrible experience with the insertion 😓 but Im becoming more and more convinced to get it out now! If youre noticing changes in your body and they align with the common side effects from the progestin, youre probably not wrong. I didnt have a terrible time with the Skyla but I remember being more emotional and gaining some weight and I was feeling it within my body a couple times a week (also a pinch-type sensation). My friend had the same IUD at the same time and was losing massive amounts of hair and gaining weight (we had totally different side effects, but side effects we had!). We got them removed within a few days of each other and within I remember in time her hair was back to normal as well. Discontinuing it if its causing you more peril than benefit is absolutely worth it. As an aside, Im on this forum because I recently tried the mini-pill (progestin only) and it was WAY worse than the IUD. Within a month I was depressed, having suicidil ideation, gaining weight, acne. All of the fun stuff. Within a week of stopping the intrusive thoughts stopped and Ive stopped gaining weight and no new breakouts. I think even with low-level hormones, hormones are still such a delicate balance and any variation can cause wild changes in our bodies and if something feels off youre probably right. Were more in tune with our bodies than we think… Thank you!! I always hear from my doctor and my gyno that birth control doesnt cause weight gain which absolutely fucks with you. Ive been working my ass off to lose the weight Ive gained since getting Kyleena and it just wont budge, and just seems to be slowly increasing! Its so debilitating and Im losing hope. But now that Im thinking about my experience I believe Ive been losing hair as well. Not a lot that others have noticed, but Ive personally noticed more coming out whenever I shower, my hair is super thin and brittle now and I dont use heat a lot or dye my hair or really do anything that could cause that to happen. But I definitely align with you on the mini pill. I didnt take the mini pill I dont think but I \*was\* on Tricyclin which I believe was only progestin and I became SUPER depressed and very numb to emotion. I had Mirena and removed it, had no issues. I felt the Mirena through me off and I was crying all the time. I switched to the pill and was mean all the time. Now I am on the copper IUD

How long after taking out your IUD (mirena) did you feel like your self again? Looking to see how long it takes my body to get rid of the artificial hormones. My awfully heavy pre-birth control period is back... and I dont know if this is my body adapting but I have taken two naps in the last two days (I havent been able to nap in years...) When / how long did it take you to notice a difference in your body post birth control?

Is it possible Im feeling the effects of the IUD already??? I got an IUD in a week ago. Ive been on oral contraceptives or the nuvaring since I was 14. I chose to switch to a hormonal IUD, because the hormones stay localized to the uterus, and I felt that the hormones from the other birth control were affecting me. Well on day 4 of the IUD I started to feel reaaalllyyyy horny, my boobs were getting noticeably smaller already (I was a B cup when I got on the nuvaring and became a D cause of it), acne was popping up, and I cant stop choking on my spit. I looked it up and it turns out my previous birth controls were probably causing dry mouth, so now I have a normal amount of saliva for the first time in 7 years. Like Im so easily aroused. I watched a 3 second video of a muscular guy strapping on a bullet proof vest maybe 7 times, I just couldnt look away. Is it possible Im already feeling the different??? Its only been a week. I hate to break it to you, but the hormones stay localized to the uterus thing is a crock of shit, thats not how hormones work. I got Mirena last year to try to keep my period at bay after years of being on Depo, since my doc said I had to stop using Depo. Mirena made my boobs hurt all the time, my hair fell out in handfuls, I developed cystic acne all over my body, became horribly depressed, and completely lost my sex drive (possibly related to the unending pelvic and back pain I had all seven months I suffered with the damn thing). Its possible you arent yet really affected by the IUD yet though and are maybe just being affected by the LACK of the hormones in your pills/nuvaring though. Yeah the lack of is what Im talking about. And I definitely sense that theres no way the hormones stay localized completely. Probably less in my body though I truly hope you have a better hormonal IUD experience than I did; but its very possible youre experiencing/noticing the lack of pill/ring hormones within a week of stopping their use! Im feeling way better. My performance in the gym is Insane, Im sleeping better, and Im so horny (which I love). The spotting is going away already and the pain is almost gone. Almost no cramps already Im glad for you then! I hope the experience continues to be good for you.

Recently stopped all forms of birth control besides condoms and its changed my life I 25f stopped using birth control, and I have never felt better!! I used the Depo Shot in highschool (my mom recommended this). I cant say too much about how it effected me for the two years I used it, simply because I was 16-18 and didnt really look for signs of problems. I was a very active kid, played multiple sports, and really enjoyed that I rarely got my period. I did gain a little weight my last year of school but that could be chalked up to me having my own car and money so I was hitting fast food places more, but the weight gain was 20 lbs or less. I started the Nexplanon implant right before my 18th birthday, before I headed off to college. I never had my period, and again I gained some weight but I was never sure if it was the birth control, or me getting older, or because I had a knee injury halfway through college that had me unable to do much activity for a little over a year. Again, only about 25lbs in gain. I had the implant for 4 years in total. When I was due to have it taken out, my provider no longer did the implant, so she simply removed it (no pain, minor cut, easy peasy). I decided to get back on depo because it was available and I was in law school and didnt want kids yet. I did 1 round of the shot, but I was not sexually active so I just never refilled on it. After 6 months of no birth control I lost 45 pounds, with the only life changes being I started waitressing and bartending so I was walking more on average, but stopped going to the gym completely and I was actually eating more unhealthily and drinking more (service industry life). I got into a serious relationship, so I did three rounds of depo (so 9 months), and I gained about 25lbs in that time. I ended up moving to a country in Europe, and the doctor I found that spoke English suggested I stop depo. I got on a combination pill for the first time, and was on it for 5 months. I did not like that I was bleeding or spotting almost constantly and I gained literally 30 more lbs (on top of the 25 from the depo). I spoke to my fiancé, and we decided to try and get me off of the pill and use condoms and be careful. After two months of no pills, my period was still out of wack, and THE ACNE! I have never had bad acne but it was truly horrible. My doctor didnt have any availability for an appointment until my regular Pap smear date in December, so I decided to just start taking the pill again. Four months ago, I called it quits. I have my wedding in January, Ive been going to the gym for HITT classes 3 times a week, lifting weights, and training for a 5k. I also do not eat fast food ( they dont really have any here), drinking either water or a glass of milk with protein powder only, and cook very healthy cutting out the ice cream, beer, carbs, etc. i had not been able to shed any of the weight gain even doing all of this. I was constantly tired, my sex drive PLUMMETED, depression was coming on strong. I battled in my head about the acne and horrible bleeding I had getting off the pill, did research, and decided to say f it. I bought a couple acne preventions or aids ahead of time, and took the plunge. 4 months completely birth control free, I have more energy, lost 28 lbs, sex drive is way up, less depressed and moody. The acne came, I fought it with a decent skin care routine and some willpower to just embrace it with the option to see a doctor if it was too bad. Now, my skin and cycle are back to normal. We want kids in the next couple years, and I am willing to use condoms ( not my fav ) until then, and just have the little risk that is associated. After we have two kids? Hes getting SNIPPED!! Im done with birth control at least for awhile, best choice for me. Just thought I would let you guys know in case anyone has had any internal debates or wanted some informations about any of the methods I used! Me too :) i was on the pill for 2 years. I quit it about a year ago. I struggled with the worst acne as well! But now my skin and cycle are back to normal, and my hair doesnt fall out anymore! I use condoms and track my cycle, and feel so in tune with my body. Thanks for sharing your story!! I was on various hormonal birth controls for 15 years and just recently came off to see how my body would feel. I feel like a completely different person for the better too! It really heartbreaking how many of us have the same stories and very unfortunate. Im glad hormonal BC is out there for the people who really benefit from it but Im really sad for all of us who have struggled. I didnt even know how badly it affected me until I came off it. A few negatives, some acne now but its really not terrible, my periods are heavier than Im used to (because I wasnt having real periods!). I used to be 120 pounds but Ive been at 170 for many years now, only recently learned it might be from the BC because Ive always been healthy and active but I cannot drop the weight. Hoping I can sort that out now. Ive only been off BC for 3 months and so thankful my husband has been a good sport about it all. We dont want kids but he is very nervous to get a V so I think Ill try the copper iud in the next few months. Thank you for sharing this as I too, have been on the depo for about 2 1/2 years now and I have been thinking of changing methods. I have been in the same boat as you, and still am, really. Been not eating out, drinking lots of water and hitting the gym with cardio and working out... yet I still cant seem to lose or drop the weight gain I have gotten since the depo shot. Heres what also threw me off, I was just diagnosed with a thyroid condition last year and thats when I really started noticing the sudden increase in gaining weight. I had though it was birth control but I have done research and found out that having thyroid issues is common in women more than it is in men. And, with that issue, Im prone to gaining weight because of it. I go to the gym, eat healthy (Im a vegetarian) and I still cant drop the weight. When I first started on the depo, I was at 118/120lbs - no more than that. In the last 2 1/2 years of being on it, I havent gained anything crazy - weight wise, apart from last year. Im now at 160/165lbs and Im just trying to see what would work best for this situation in losing that weight. But, after hearing about your story, Im thinking more now into talking to my hubby and seeing if he will be willing to use condoms instead. We do eventually want kids at some point but I feel like its time I either got off the depo, or just went into trying the copper IUD since I want to lose the weight and be on something non-hormonal. Thank you for sharing! Im also open to any tips or advice, thank you! I did this last year. I was on hormonal bc for about a decade. I also started getting chronic migraines during this time. It took more than six months for anything to change, but by month 8, I realized hormonal bc was responsible for my chronic illness. Definitely sucks to know how much I suffered in my 20s. It wasnt for nothing. I am glad I didnt get pregnant, but man did that suck. I had tried just about every form of hormonal bc except the implant. Tried a copper IUD without success. My uterus is too wild apparently, and so IUDs shift too much out of place. Condoms have worked fine so far. Its nice to not be the only one responsible. Downside is I now have hormonal acne. Small price to pay to avoid daily migraines. I already got migraines occasionally. I still get them from time to time, but I was essentially disabled with chronic migraines. Thank you for sharing! I was on the combo pill for two years at the beginning of college and then switched to an IUD for the following two years. I actually lost a lot of weight on both, but feel like there were a few other things influencing that. I had my IUD removed in April because Id been single for a while and had both mental and physical health concerns that I worried was caused by the hormones. Terrible anxiety, depression, thyroid issues, etc. I tried a new pill last month because I became sexually active again and within a few weeks I was a MESS. Worst depression and anxiety Id had since being on birth control previously. Not big on trying a copper IUD, so condoms it is. Im lucky to have a partner who respects that I must put my mental health before anything (and hes seen how bad it has been, lol). Of course wed rather not, but weve had little to no anxiety about using them and havent had a scare in 6 months of use. Definitely recommend trying out different types of condoms to find the right fit! My boyfriend also puts a drop of lube in the tip before putting it on which makes it SO much better for him apparently. I actually just posted a question about this, as I am considering stopping birth control. Excellent to hear your experience, as well as the experience of the other commentors. The acne suckssss but Im so much happier in every other aspect, and I agree I feel much more in tune with my body!! I really heavily considered the copper IUD, we want kids in a few years but not right now so I dont want anything hard to reverse. After doing some research and talking to my doctor I decided against the IUD. My doctor said that as someone who hasnt had any children she wasnt super comfortable inserting an IUD because it can be extra painful for people who havent given birth. (Also the closest doctor to me in Europe doesnt have an ultrasound machine on hand so if I needed to check and make sure the IUD didnt shift I would have to drive over two hours and thats sketchy to me). My hubby is going to get snipped after we are done having kids but condoms are working for us even if its not quite as fun as without them lol Oooh the lube in the tip of the condom is a good idea thank you!! Happy to help out!! I live in the U.S, but I cant say how bad or worse the pain of having it inserted and removed it. As I have hear

Hormonal IUD removed and my sex drive/libido returned! I recently got my hormonal IUD removed after having it in for 6 ish years. I had it inserted in undergrad and then got it inserted again after my first child. Its been a week or two since I got it removed and I am starting to feel like myself again. My sex drive has returned and my emotions feel more authentic. My brain fog is also disappearing. I feel like hormonal birth control made me a more dampened version of myself. Its almost like BC froze me a bit and Im in the process of thawing. Idk. Either way, I do believe as women we has the right to experience a full and healthy sex drive. Im no expert, but Ive come to realize that having a healthy sex drive isnt really about sex at all, its about having the power and agency to feel alive.

How long does it take for your body to adjust to iud hormones? I got kyleena two months ago and Ive noticed a few minor side effects, most notably being some brain fog and a decreased libido. Im in the process of getting an adhd diagnosis and have felt like the symptoms that prompted a diagnosis have been getting worse as well (inattentiveness, trouble focusing, general lack of motivation, easily distracted and sidetracked). I also still have a bit of spotting but its pretty negligible. Has anyone had experience with similar side affects and did they regulate/lessen after a couple of months?

Almost expired IUD and oily skin [deleted]

Kyleena IUD after Nexplanon implant removal? Hi all! I had nexplanon implant for three years, gained weight but was fine, however four months ago I had a new one put in and experienced the most horrible anxiety, intrusive thoughts, depression, unbelievable crying spells and thinking my long-term boyfriend hated me. I got it removed yesterday and already feel better! I didnt want to get an IUD because my boyfriend is pierced down there but he said he will take it out no problem if it makes me more comfortable 🥰 he is also looking into vasectomy. Im getting the Kyleena IUD in two months and was wondering what to expect? I heard a lot of people lose weight after nexplanon removal and I have had a lot of issues with weight fluctuation in the past- also, does it effect moods? Im bipolar II and dont want anything to add to that! Thank you in advance! Gosh i hope someone responds to this. I have had nexplanon for over a year now and it has given me nothing but problems. I have been bleeding for probably 70% of the time that i have been on it and have gotten 2 ovarian cysts. I am supposed to get Kyleena TOMORROW and am freaking out. I figure anything can be better but its hard to look away from the horror stories. Ive had Kyleena for almost three years now. I also struggle with weight fluctuation so I get it. Kyleena was my first birth control and I gained twenty pounds on it, but I was eating like crap and not really working out. Recently started trying to lost weight and its coming off pretty easily with minimal exercise and better diet even for someone who has symptoms of PCOS. The first few months were rough. Cramps were bad for 3ish months around my period but after that I havent had any problems there. I do feel like I get moodier on my period than before BC but any other time of the month I am fine. I definitely recommend Kyleena! Its last me three years without any scares. I dont really have symptoms from it as far as I know of except a little more emotional on period. The first few months and the procedure can be a little sucky but after its amazing. I usually forget I have it lol.

I think Im dealing with Nexplanon side effects? Looking for support and/or experiences This morning I texted my friend about how weirdly sensitive Ive been lately. I teared up a few times while watching Avatar the Last Airbender when that usually never happens. And then I realized that my mood has been pretty up and down the past few weeks. I thought it was just from recent housing changes and stress of moving, but its been over a month and a half now. When I mentioned this to my friend she suggested that it could possibly be my hormones, especially since Im on birth control. 2 years ago I got Nexplanon since it sounded like the best option for me. Im terrible at taking pills on time, I dont want the commitment of having to go to an appointment to get a shot, and IUDs sound super scary to me. I got it when I was 19 and now at 21 I think Im starting to notice some side effects. My libido is nonexistent, the thought of being intimate with someone sounds kind of revolting right now. I dont even want to masturbate which is a little worrisome. For the past two months Ive had very minor spotting on and off which is just slightly inconvenient, but before that I had no periods for long periods of time. Ive been losing my patience more easily (Im not one to easily anger), and Im having a hard time getting important tasks done at home when Im not even tired from working. Has anyone had any similar experiences? What did you decide to do? Were there any other side effects you struggled with? Im supposed to get it changed this November since its my 3-year mark. Birth control is very important to me. I live in Texas so I want to have ALL my bases covered, accidental pregnancy is my absolute worst nightmare. I can totally relate. Im two years into my 3rd implant. Have had spotting for the last two months which Ive never had before. I have a regular cycle normally. Zero libido which id just put down to me being busy, married and getting older (37) Now I look back I can see that my anxiety is heightened at times, had often put it down to hang-xiety after too many wines. Am normally quite well balanced. Ive over thought all of the symptoms and panicking about cancer etc. after reading so many blogs though I think it is the implant. Husband has been referred for vasectomy so I think Im going to have it removed and go au natural and see how my body copes on its own. Man, that sucks. I thankfully havent been dealing with anxiety but Ive noticed that when I smoke marijuana now I get anxious and obsess over everything thats happening in my life. It used to relax me but its been doing the opposite for a while now. I want to get tubal litigation so that I dont have to worry about it but its not the top priority on my medical services list right now. Ill renew or remove the implant depending how how the rest of the 2 months go before my changing time. Ive had the implant for 5 weeks because I kept forgetting to take the pill. Its been rough, honestly. Increased insomnia, depression, headaches, moodiness, and also no libido. The biggest one for me though is mental fog. Its like I cant focus or think at all. Ive been diagnosed with ADHD but since I got the implant its like my meds have no effect. Im thinking of switching back to the pill, which wasnt perfect but had less side effects for me. Aw man that sounds rough :( its crazy to think of how much hormones actually affect certain people. My libido immediately went down as well. Same as you with not even wanting to do anything solo. Ive had it a little over a month. what do you mean by mental fog? because i got mine about three weeks ago and just a few days ago ive been feeling so fatigued or like i cant focus. i really dont know if its because of the implant side effects, if its broken, or if its because of something else. did you experience any other side effects? I had other effects as stated in my comment. I decided to go cold turkey to see what would happen and within a few days of getting it removed I felt way more energetic and clear-headed. The mental fog was like wading through a pit of thick mud, whereas now my mind feels about as sharp as it did before. I had other effects as stated in my comment. I decided to go cold turkey to see what would happen and within a few days of getting it removed I felt way more energetic and clear-headed. The mental fog was like wading through a pit of thick mud, whereas now my mind feels about as sharp as it did before.

Arm Implant and Nausea [deleted] i got the implant a week ago ive only experienced like an ick towards food Oh no! Like you dont want to eat, or the food you do eat makes you feel sick? the food makes me feel sick!! i havent been throwing up like u have And you have nexplanon also? yes

Stopping Depo Provera Im seeing a lot of threads about depo provera and various experiences but Im losing my mind here. I had been on the contraceptive implant for 6 years and had no issues with it. Due to scheduling issues surrounding getting another one implanted when I needed it, I decided to go on depo for a while to try it out. I gained a little bit of weight in the first 3 months, coupled with a desk job and college after work, I wasnt really moving a whole lot as I really didnt have the time. My eating wasnt out of the ordinary either - Im a vegan and tend to have the same portioned meals most days out of laziness, and would rarely have a takeaway. As I had been gaining a small bit of weight, and with my body image not being super great as is, Ive decided to come off of it. I had only had 2 injections, so 6 months total. I was due to get another shot at the beginning of February and Im writing this at the beginning of March. This has been a month of hell??? Ive lost my appetite, but maintaining 3 square meals a day, and STILL somehow gaining weight. I have gained nearly 7kg since the beginning of the year, coming in at a solid 85kg - Even though Im eating ~18/1900kcal a day (Im 26F and 5ft 6). Most of this Ive gained in the last month. Im depressed, anxious, moody, my skin is drying out, Im getting spots, absolutely no sex drive - I dont feel like myself at all. Can someone who has had a similar experience or is going through a similar experience let me know how long this is going to last because Im going insane It made my libido very low and gave me a lot of anxiety and a lot of cravings that made a healthy relationship with food very hard. I am off it for 5 months now and Its the best decision ive ever made. It is very intense and not worth the price/side effects. It has taken me months and a lot of money to recover and I felt mentally very unwell while in recovery. I had to study so much and seek out help to get better and it still took a lot of time and money to feel healed. My opinion is that non hormonal methods are best BUT I havent tried many other methods. Let me know if I can help or provide more info but I am not a doctor!

Weight gain on nexplanon I just got my first ever nexplanon implant yesterday, and Ive read a lot about the weight gain side effect, and Im nervous Im going to gain a lot of weight. Is the weight gain inevitable or does it not happen to some women? Potential side effects are never inevitable. I havent had any weight gain in 2 years. The only birth control actually proven to cause weight gain is Depo. I gained 35 pounds over 2 years. So yea I does happen. Its not inevitable but it does happen Ive been able to lose almost 30lbs in the 2 months Ive had it by doing cico and moderate exercise. So it can happen but it doesnt always happen Unless Nexaplanon prevents your body form using fat as energy. It impossible to gain weight barring rare medical problems. Should you sustain a higher energy output than an energy input. It is kind of like if you drive your car at 300mph you are going to start burning fuel much faster than using your jerry cans to fill it up. My advise is buy and ride a bicycle you can burn an insane amount of energy.

Liletta IUD is ruining my skin [deleted] Try tretinoin/vitamin A in the lowest dosage available, commonly by prescription only. Oh boy. Spiro is a freaking journey. A serious commitment with many side effects. Visit r/spironolactone if youre curious. You will most likely end up making your skin \*waayyyy\* worse and scarred before it gets better. Whether it gets better in 5 months or a year, if you go the same route be prepared for months of purging. I got on spironolactone &amp; topical Tret, and for 7 months and it only got worse. I recently broke down emotionally from isolation bc of how bad the cysts were, stopped everything, and got on Yasmin bc pills. Which actually has a spironolactone derivative! Just not as strong. My skin is still dry now but has cleared up immensely! I no longer have to cover up with makeup, just a heck-ton of sunscreen lol. Its better than it was before I started all that stuff, using serums now to fade the hyperpigmentation. \_\_Main advice:\_\_ go to a dermatologist and a clinic/obgyn - not online. If youre looking for a quick fix, there isnt one. When I went looking for one on my own using Apostrophe, it only got worse. Acne, skin, and hormones are complex issues that require outside professional help that online services cant provide. I hope you find what works for you! Hi there! I had pretty bad acne growing up but a few things I found useful was proactive (you can even buy the store brand equivalent as long as the ingredients match, to save some money), increasing my water intake, decreasing chocolate, and limiting how much soda I drank. I would use medicine as a last resort. But minocycline did wonders for me when I had cystic acne. Its an antibiotic though and should be used as an absolute last resort.

I want my Kyleena IUD out. Looking for experiences and how it was afterwards? LOOKING FOR EXPERIENCES!!! Ive had my Kyleena IUD for just under 4 years. For this entire length of time, Ive experienced increasingly worse anxiety and depression. Among that, Ive had other weird symptoms like dizziness, nausea, etc. that would come in waves. Its made it really difficult for me to live my life at times. I want to get it out to see how Ill feel without it. For those who have gotten it removed - how was your experience afterwards? How was your mood, mental health, physical symptoms? Hey just replying to see if you removed it and if so how youre feeling? i recently had mine removed about 5 days ago and am interested in knowing if u saw improvement in your symptoms, especially in regards to mental health since that is what drove my decision to remove it. ( ive been struggling with increasing anxiety and depression that came to a peak this month) Hey! Im so sorry in the delayed reply. I did end up removing it. I felt better initially but currently I dont feel the greatest mentally. Im not sure if its bc my first real cycle is on the way or because my body is readjusting to hormones or factors completely outside of it. But I think ill have to wait a few months to see if it gets better gradually. Hope youre doing well post-removal :) it didnt do anything for my mental health, however im still happy i removed it since now my periods are a lot more normal than they were while having the iud :)

Post IUD Removal Changes A couple weeks ago I had my Mirena IUD removed. Its a wonderful contraceptive- just not for me. Significant hair loss, cystic acne, anxiety, painful sex, yeast infections etc. Anyhow- since removal I am choosing to go hormone free awhile and Ive noticed some things. I can smell again!! For years Ive been on the pill or the IUD and I realize that it dulled my sense of smell. For better or worse lol I smell everything (and everyone). Has anyone else had odd changes since going on or off bc? I had Mirena for seven months, removed it mid March, and this week I realized that my partner finally smelled like he did before I got the awful device put in to me; I hadnt really realized how upset I was by him smelling wrong because of Mirena cause I was so upset with it in general, but that was refreshing.

Trying to Lose Weight Post-Birth Control I had originally started on the Depo injection a few months after turning 18, for 9 months, then got the Skyla IUD inserted as my immediate switch to birth control, which I had gotten taken out in February of this year. That makes it about 2.5 years that I had been on birth control for. I had then been birth control free since February 7th of this year. Since then, I had only lost 5lbs in total recently, but mostly because I have been going to the gym, restricting calories, but eating relatively healthy and 3 meals a day. I eat around 1,200-1,500 calories (50, starting 123lbs). I burn between 150-500 calories through my job and the gym daily. While on birth control, my problem is that I was typically ALWAYS 95lbs…but now my highest has jumped to 123lbs, and now Im at a standstill and dont know what to do, since my job keeps me moving, I go to the gym a few times a week (cardio, weights mostly), and I eat healthy and 3 meals a day, while staying between 1,200-1,500 cals net. Does anyone know what to do, or have this experinece?? Are you looking for weight loss advice because youre currently at a very healthy weight. Being 95 lbs is not healthy, especially when it sounds like youre at least an older teen or young women. If you consume too few calories, your body will go into starvation mode, holding onto everything you eat essentially. Talk to your doctor about this, you could have a metabolism issue if you constantly diet like this. 12-1500 calories is not sustainable long term, especially for someone who sounds to be as active as you. Im just looking to see if anyone has any advise or experiences with not seeing weight loss after getting off birth control that seems to of have made them gain it. Since I had not changed my eating habits since starting to diet and go to the gym a month ago, where then I only began to eat 1,200-1,500 cals a day and burning 100-500 cals daily. Ive only been doing that for a month. Prior to, I was eating a healthy amount (~2k cals/day) but I gained a ton of weight from 2021 to a month ago, when I really started the IUD specifically. I was told when I got my IUD out back in February that it doesnt cause weight gain…but Ive seen numerous reports of people saying that is has caused their weight gain. Im just at a loss about what to do since I eat healthily and work out so much more now and have barely lost. /:

Libido not returning after Kyleena removal [deleted] How was your experience after it was removed? Did you feel your mental health was better? In terms of libido, apparently it can take up to a year for our body to renormalize. Did you have a high libido pre-IUD? Libido was the only thing that it really noticeably affected for me. I had a very low libido even before the IUD so maybe thats why its basically zero now. Its just a bit disheartening not knowing when or if it will come back :,).

Got rid of Kyleena today - instant relief! I got Kyleena 4 months ago and since then its been downhill. The insertion itself was painful and I had really bad cramps afterwards. It went away after a few hours though. I have NEVER broken out before - not even a pimple. My skin has always been clear. Since Kyleena, I have had breakouts and now Im left with acne scars :( Mental health wise - I dont even know where to begin. I do have an anxiety disorder and I have previously dealt with depression but I hit an all time low with Kyleena. I found myself getting more anxious all the time. My depression got really bad. I have never had suicidal thoughts before but with Kyleena it started getting persistent. I also felt like I had constant brain fog. It also took a toll on my relationship because I found myself getting really emotional over little things that normally wouldnt bother me and my husband and I would get into constant arguments. I also cried a lot lol. I found myself not being able to cope or control my emotions. I got it removed today and it was like instant relief! I already feel much more like myself. Never doing hormonal BC again. awesome!! so happy for you :) i went through similar my first 3 months on the pill. constant crying lol my bf must have thought i was insane, i was so surprised he didnt dump me Congratulations! Hormonal birth control is not for everyone.

Which birthcontrol did you not experience weight gain on? Ive been on Yaz, depo, Nuva Ring, Mirena and now combination pill (Mylan). Ive been on Mylan now for 1.5 months and have already gained 6lbs. 😤 I dont remember gaining any weight when on the Nuva Ring or on Mirena but the Mirena caused some other side effects so I had it removed and the Nuva Ring was just annoying but Im thinking of going back just for the weight issue. Im definitely going to stay away from the depo- I used that in high school and gained like 20lbs. 😬 The only method of birth control directly linked to weight gain is the depo shot. All other methods may cause changes in appetite or fluid retention, which may impact weight. I havent noticed any changes in appetite after starting the combination pill but I have been drinking a lot more water so its probably fluid retention. It feels like Im permanently in the bloat phase of my period. Lol. Low dose combo pill Tri-Lo-Mili is allowing me to lose weight (back to pre pandemic and pre birth control weight). Previously I was taking Mili which is generic ortho cyclen, and it made me retain water like crazy, making me think I was gaining weight. Do you like it so far? Im thinking about starting this or tri-lo-sprintec next month! I was on ortho tri cyclen years ago and liked it. Weight gain has never been an issue with me on the pill. But I do get bad nausea and some hair loss. Marvelon/Mirvala. No difference in appetite or weight for me. levora ! Lutera I used to use the Nuva Ring and HATED it. I didnt gain weight, but it was soooooo annoying to use and gave me migraines. I started Lutera last year and have had no issues with it and no weight gain. I was on the pill (Lolo) and gained weight, I noticed I was never full, developed a little bit of an ED, and went off in April 2021. Since then, I have noticed I feel less bloated, and my appetite is back to normal. I got my copper IUD put in August 2021, and have not gained any weight, my appetite has been normal, and my mood is great. I highly recommend the copper IUD, or even the FAM method, as both are non-hormonal. Look into both, I hope this helps! I havent gained any weight on Annovera! Why did you think Nuvaring was annoying? Tmi: During sex it will sometimes end up being pulled out. 😬 Alesse! I recently got off of Seasonique. It caused instant water retention (my midsection seemed thicker after a week) but also eventually made my appetite skyrocket. Definitely gained some actual fat on that one from over-eating. Back on Alesse 🙏🏼 All of them. Ive never gained due to BC. Ive tried depo, Mirena, mirvala 28 &amp; mirvala 21. Nexplanon gained 30+ pounds but i put in work and lost 60 lbs Junel Fe 1/20. Originally prescribed as treatment for PCOS along with being used as BC method. Honestly, there are a few things to factor into this. Ive lost about 30ish pounds in the time Ive been on it, but I was dieting and exercising when I got started (been on it around 4 years). But when the pandemic started close to a year after I started the pill, I stopped exercising and I ate ok (not great, but I did not over eat). I also had surgery in Oct of last year and did not eat much in the week following my surgery. Ive lost about 10 pounds (of the 30) over the time of the pandemic up until now. TLDR: Ive personally lost weight on the pill overall, but Im not entirely 100% sure if the pill has factored into it at all. Removed per rule 7. You are asserting \*\*all\*\* women have X, Y, and Z side effects without a large scale meta review of all available peer reviewed studies. Therefore, your comments must be removed. Depo shot causes weight gain? Its the only method directly linked to weight gain. It doesnt mean it causes weight gain for every user. The implant I dont gain weight on Copper iud! Love mine. No weight gain or mental side effects! IUD 🥰 nonhormonal Mylan is not the name of a birth control pill, Mylan is a manufacturer of many drugs. I honestly think they all can effect weight because they are hormones. If you look up progestin for instance it will say a side effect is actually weight gain. I think physicians are told to not say these methods can cause weight gain bc, lots of women may not get on them. Plenty of women on here say theyre gained 40 plus pounds on a variety of different forms like nexplanon, nuvaring, the pill and so on. They didnt change their eating pattern or exercise pattern at all. Side effects include anything that is reported to them, and they have to note it whether it is directly related or not. There is no evidence that any birth control method, aside from depo, directly impacts weight. Anecdotes that do not provide any actual information besides people claiming theyve had no changes in diet or exercise are not at all comparable to evidence provided to us by studies done regarding these things. I like it! Only thing I dont like is I find my period is longer than it was on the previous pill I took, but its still only about 4 of 5 days as opposed to 7+ which is what I dealt with pre birth control. I can work with that! I 100% agree. These are the hormones that make us gain weight in puberty. Pharmaceutical companies know that admitting their drug caused weight gain would demolish their sales, especially since their demographic tends to be very body conscious young women. Im sick of people coming on here and saying its not possible just because big pharma said so. So many of those studies are funded by the companies themselves. You can find thousands of women on this thread alone who will swear to you they gained significant weight and I believe them! I dont find it helpful when people just come here to say that only the depo shot causes weight gain and the rest is in your head but thats just my two cents… Big pharma isnt the one saying so. There is no evidence supporting claims that birth control, aside from depo, is directly linked to weight gain. If you can find a study that suggests otherwise, I would happily give it a read through. No one is saying that its just in these peoples heads, not a single person is saying that. Again, anecdotes are not comparable to evidence provided to us by studies that have been performed. I havent had the issue with annovera, probably because the ring is more pliable it just gets shoved to the back [deleted] [deleted] Thats the one im on and i went from 120 to 170 ibs. Lucky you i guess lol😭

Kyleena IUD removal After problems for the last 6 months, I had put Kyleena removed. This is my first IUD. I had only had it for about 16 months. Ive found myself very emotional and angry today. Could this be related to the removal? Thanks for any help!

Kyleena and weight gain Has anyone experienced weight gain with kyleena? I had it inserted in late December and it was dislodged so then got a second out in mid February this year and Ive gained about 30 pounds with no changes to my diet or exercise. Is this normal? Yes i gained 30 pounds in the last year which is crazy for me as I dont eat that much to gain in such a fast time. planning to get ir removed in july

nexplanon has killed my libido I got it inserted about a year ago, and it was an okay experience at first. It made my periods easier while I was still getting them. But now, I havent a cycle in 6 months. Its pretty sweet but at the same time Ive realized that my sex drive has become nonexistent. I dont even have the desire to masturbate, I feel like a plant :/ I was single for some time so it wasnt a huge deal, but now Im dating someone and it sucks. Im never in the mood and it feels impossible to change that. Im thinking about getting it removed just so I can feel normal. Have any of you experienced this with the implant? Yes. Not to that degree, but yes. I live in a red state with no abortions so I will be keeping mine in, but it really sucks. hey! ive experienced this extreme low s\*x drive as well and im looking for advice/ supplements to try and help me out while im still on nexplanon. id youve gotten any advice id love to hear! Hi! I havent tried supplements so I cant recommend any. My only advice is to get more exercise in your routine and eat a healthier diet(you can look up foods that help with libido). Ik its for general wellness but I feel like taking better care of my body has helped a bit. My sex drive is still low but Im having an easier time getting in the mood.

Switching from IUD to pill I got Mirena a couple years ago, but I have not enjoyed my experience. I am getting it removed on Monday and I was thinking of switching to the pill instead. Has anyone had experience with this transition? I am always anxious for how these things may affect my body and would love to hear others experiences or advice. Also, I am incredibly anxious about the IUD removal so any words of encouragement would be helpful.. Thank you :) What didnt you like about Mirena? its given me acne and my periods are way more painful than they were before :( Update? Doing this tmrw for the same reason :( i broke out for a couple weeks and had pretty intense mood swings but all is well now!! im definitely glad i did it

can mirena cause tooth/jaw pain? i got the mirena iud put in about 3 weeks ago. i was on the pill for about 3 years when all of a sudden, i started getting dizzy and light-headed (which was attributed to the estrogen in my pills) about a week ago, i started having jaw pain and toothaches—similar to TMJ &amp; my gums have started bleeding profusely. ive never had this before &amp; am not sure if its attributed to the iud. i have my checkup in about 2 weeks, but these side effects are painful and distracting to my everyday life. anyone else experience similar side effects? Hi! Did you figure it out?? My gums only bleed when I try toothpaste my teeth and gums are sensitive - not sure if you switched yours up? I Came here looking to see if my kyleena iud has caused my TMJ if this has happened to anyone else (on 2 types first one 2017 when I noticed my TMJ really painful - never thought it was my birth control until now considering all ideas). Hi did you find out? Im getting my Kyleena out this week as I have had it for over a year and had constant gum bleeding and now my teeth are so sensitive. I have been to the dentist twice and they say my diet and my cleaning of them is good it is a medical thing and it could possible be from the Kyleena. Hmm I never experienced anything like that, Ive had mine for just over 4 years now. And no havent figured if the TMJ is related. I will see in a few months if it goes away once I get it removed. I hope this resolves things for you, that sounds painful!! Hey any update since removal?