

**Failure rate:**  
**<1%**

## 10: IMPLANT

The birth control implant is a flexible rod that is placed under the skin of the upper arm and continually delivers small amounts of the hormone *progestin*. It works by thinning the lining of the uterus, stopping ovulation, and thickening cervical mucus (which makes it hard for sperm to get through).

The implant is about the size of a matchstick and can be inserted in minutes. It lasts for about 3 years.

The implant is more than 99% effective.

