




# Long-Acting Reversible Contraception (LARC)

	Non-Hormonal	Hormonal IUD				Birth Control Implant
						
<b>Devices</b>	<b>Paragard®</b> - Effective 10 years - No hormones - Copper based - Can be used for emergency contraception	<b>Mirena®</b> - Effective 6 years  20 mcg/day of levonorgestrel. 10 mcg/d yr 6  Amenorrhea rate: • Year 1: 20%	<b>Liletta®</b> - Effective 6 years  ~20 mcg/day of levonorgestrel  Amenorrhea rate: • Year 1: 19% • Year 2: 27% • Year 5: 42%	<b>Kyleena®</b> - Effective 5 years  ~9 mcg/day of levonorgestrel  Amenorrhea rate: • Year 1: 12% • Year 2: 20% • Year 5: 23%	<b>Skyla®</b> - Effective 3 years  ~6 mcg/day of levonorgestrel  Amenorrhea rate: • Year 1: 6% • Year 2: 12%	<b>Nexplanon®</b> - Effective 3 years  68 mg etonogestrel implant; releases ~30-70 mcg/day  Amenorrhea rate: • Year 2: 22%
<b>Where are they placed?</b>	Uterus					Upper arm
<b>How do they work?</b>	Releases a small amount of copper, causing an inflammatory reaction that decreases sperm's ability to reach the egg	Releases progestin to stop ovulation and prevents sperm from the eggs by thickening the cervical mucus.				Releases progestin to stop ovulation and prevents sperm from reaching the eggs by thickening the cervical mucus
<b>Potential Side Effects</b>	Heavier menstrual bleeding and cramps, particularly in the first 6 months	1. Inter-menstrual spotting in the early months 2. Reduces menstrual blood loss significantly and possibly leads to no periods (amenorrhea) after a couple of years of therapy 3. Hormone-related: headaches, nausea, breast tenderness, depression, ovarian cyst formation, acne, weight changes. These are less likely with the hormone-releasing IUDs, since the hormones are released within the uterus.				
<b>Efficacy</b>	>99% effective					
<b>Safety</b>	Rare adverse events: <ul style="list-style-type: none"> <li>• Partial or complete expulsion (&lt;5%); consult your healthcare provider if there is an increase in menstrual bleeding.</li> <li>• Uterine/cervical perforation (&lt;1%)</li> <li>• Ectopic pregnancy (&lt;0.2%)</li> </ul>					Insertion site reactions (rash, itching) and implant site complications (redness, swelling) occur rarely (<1-5%)
The IUD and the implant <b>do not protect against sexually transmitted infections (STIs)</b> , including human immunodeficiency virus (HIV). A male or female condom should be used to provide STI protection.						

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ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-877-626-0678.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-877-626-0678。

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