




# Long-Acting Reversible Contraception (LARC)

	Non-Hormonal	Hormonal IUD				Birth Control Implant
Devices						
	<b>Paragard®</b> - Effective 10 years  - No hormones - Copper based - Can be used for emergency contraception	<b>Mirena®</b> - Effective 8 years  20 mcg/day of levonorgestrel. 10 mcg/d yr 6  Can be used for emergency contraception  Amenorrhea rate: • Year 1: 20%	<b>Liletta®</b> - Effective 8 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%
Where are they placed?	Uterus					Upper arm
How do they work?	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 thin uterine lining and prevents sperm from reaching the eggs by thickening the cervical mucus.				Releases progestin to stop ovulation and prevents sperm from reaching the eggs by thickening the cervical mucus
Potential Side Effects	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, mood changes, ovarian cyst formation, acne, weight changes. These are less likely with the hormone-releasing IUDs, since the hormones are released within the uterus.				
Efficacy	>99% effective					
Safety	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.					

Optum Care Washington, PLLC

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities. We provide free services to help you communicate with us. This includes letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-425-382-4790, TTY 711. ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-425-382-4790, TTY 711. 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：1-425-382-4790, TTY 711. Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.