



## IUDs and Implants: LARC—Long Acting Reversible Contraception

### THE INTRAUTERINE DEVICE (IUD)

#### **The Basics:**

This tiny T shaped plastic device is inserted into the uterus. Once placed, the IUD works for years (3-12 depending on which IUD you choose) - you don't have to do a thing. It's more than 99% effective at preventing pregnancy and you can get it removed whenever you want. Fertility returns soon after the IUD is removed and most will be able to get pregnant within one year of removal. There are two types of IUDs; a progesterone (hormone) releasing IUD and a non-hormonal copper IUD.

#### **How does it work?**

The IUD works with your body to change how sperm move and prevents sperm from reaching the egg.

#### **Is it safe?**

The IUD is a safe birth control method. It does not cause infertility.

#### **What can I expect?**

Most people experience cramping at the time of placement. Cramping may continue for a few days after placement. Taking ibuprofen before and after getting your IUD inserted can help the cramping. With the progesterone IUD, the most common side effect is irregular bleeding, which improves in 3-6 months or less. Some teens don't experience any side effects and many will stop having periods and have fewer cramps. With the copper IUD, periods may be heavier.

#### **Who uses the IUD?**

People who want effective birth control that lasts for years. Teens love IUDs because they are invisible, low maintenance and work extremely well to prevent an unplanned pregnancy. The progesterone (hormonal) IUD can be used to treat heavy periods and painful periods.

### THE IMPLANT (NEXPLANON)

#### **The Basics**

This thin flexible rod gets placed under the skin of your upper arm. No one else can see the implant and it works for years (at least 3 years, possibly up to 5 years!). You don't have to remember to take a pill, fill a prescription or do anything else - it just works. The implant is more than 99% effective at preventing pregnancy and you can get it removed whenever you want.

#### **How does it work?**

The implant releases a hormone (progesterone) that prevents eggs from leaving the ovaries. It also thickens cervical mucus blocking sperm from getting through.

#### **Is it safe?**

The implant is a safe birth control method. It does not cause infertility.

#### **What can I expect?**

You will feel a quick pinch and burning with a small injection of numbing medicine used when inserting the implant. The most common side effect after insertion is some bruising and soreness. Many teens will experience irregular bleeding which typically improves in 3-6 months. Some may actually have lighter or no periods and most have fewer menstrual cramps when they do have bleeding.

#### **Who uses the Implant?**

People who want effective birth control that lasts for years. The implant is a great option for teens because it is safe, simple and convenient.

#### **For more information:**

[www.bedsider.org](http://www.bedsider.org)  
[www.sexandu.ca/contraception](http://www.sexandu.ca/contraception)