WHAT IS A LARC?

LONG-ACTING REVERSIBLE CONTRACEPTION
(aka Low Maintenance!)

Examples: The Implant (also known as Nexplanon), IUDs (Intrauterine Device)

HOW WELL DOES IT WORK AS BIRTH CONTROL?

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The Implant
up to 3 years

IUDs
up to 6 years

Copper IUD
up to 10 years

RISK OF PREGNANCY: LESS THAN 1 IN 100
(compared to the pill which is 9 in 100)

BENEFITS

Can reduce how often you get a period or how heavy it is.

Can improve cramps and other period symptoms.

Can be used by people who need to avoid estrogen, like teens with seizures, sickle cell disease, certain migraines, or other conditions.

Help prevent pregnancy before you are ready to be a parent.

RESOURCES

YoungWomensHealth.org • Bedsider.org

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WHAT ARE IUDS?
They're little plastic T's that a healthcare provider places in your uterus. You can't feel it, but they prevent pregnancy better than other kinds of birth control.

IUDS WITH HORMONES: Mirena, Liletta and Kyleena are low-dose progestin IUDs. After a few months, they cause lighter and shorter periods. Some women stop having a period at all.

IUD WITH NO HORMONES: ParaGard is a non-hormonal IUD—the only highly effective method of birth control without hormonal side-effects. It may cause heavier or crampier periods.

WHAT IS IT?
Nexplanon is a flexible little rod that rests under the skin in your upper arm. A healthcare provider puts it there, but nobody else knows it's there.

• It prevents pregnancy better than other kinds of birth control.
• It may cause irregular spotting or bleeding, and some women stop having a period.

BUSTING MYTHS

MYTH: Teens can’t use the implant or IUD.
FACT: The implant & IUDs have been shown over and over to be both safe and very effective in teens. They also do not make it harder for you to get pregnant later once you are ready to.

MYTH: An IUD or the implant can’t be removed early.
FACT: The implant and IUDs can give you long-lasting birth control and period control effects, from 3-10 years, depending on which one you choose. But they can ALWAYS be removed sooner. The decision is YOURS!

MYTH: Nothing can be done for side effects like irregular bleeding.
FACT: Some teens experience irregular or heavy bleeding after they get the implant or IUD—especially in the first 3-6 months. Often this will improve on its own, but if you’re concerned talk with your provider. You can discuss medicines that may help reduce the bleeding or have the device removed. It’s YOUR CHOICE.

MYTH: I can’t put anything like that in me!!
FACT: There are many people who decide having a medicine under their skin or in their body isn’t for them—and that’s OK. One thing that makes LARCs easy and really effective is that they’re always there when you need them—no remembering required. And, most teens say that getting their LARC was a lot easier than they imagined. But you get to choose what is right for you!

THE BOTTOM LINE: LARCs are the most effective form of birth control we have (other than not having sex at all!) and can have many benefits. Whether it’s the right birth control for you is YOUR decision.