

Long-acting Reversible Contraception

Long-acting reversible contraception (LARC) is birth control that lasts for several years. The birth control implant (Figure 1) and the intrauterine device (IUD) (Figure 2) are LARC methods. Both types are safe and work very well in preventing pregnancy in 99 percent of the women who use them. If you choose, you can stop using them at any time.

Figure 1: Birth control implant

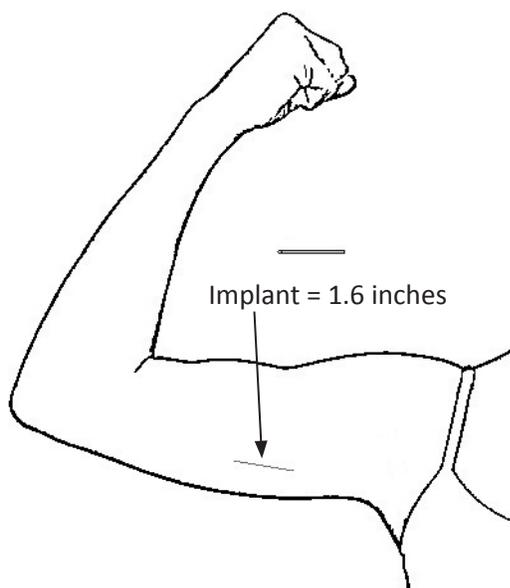
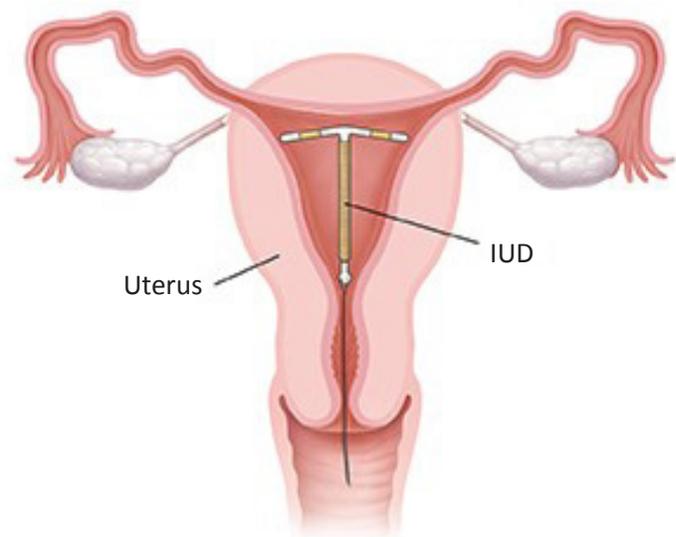


Figure 2: Intrauterine device (IUD)



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LARC after giving birth

It is possible to get pregnant in the first month after having a baby if you have sex and do not use birth control. You can have an LARC device placed before you go home from the hospital. The benefits include:

- It works right away to prevent pregnancy.
- You can have it removed at any time.
- It does not affect your ability to become pregnant in the future if you stop using it.

LARC options

These are 3 LARC choices available to you after giving birth.

Birth control implant

- **Nexplanon®** is a small, plastic device the size of a matchstick that releases hormones. It is inserted under the skin of your upper arm. It provides birth control for up to 3 years.

IUDs

An IUD is a small, T-shaped piece of plastic that is inserted into your uterus to prevent pregnancy. There are 2 types of IUDs:

- **ParaGard®** is an IUD that uses copper to prevent pregnancy. It does not have hormones. It provides birth control for up to 10 years.
- **Liletta®** is an IUD that uses hormones to prevent pregnancy. It provides birth control for up to 5 years.

What to know

- All LARC methods can change the timing and amount of bleeding you have with your periods.
- An IUD that is inserted right after giving birth may come out of the uterus more often than if you have it inserted later.
- Sometimes the IUD cannot be inserted right away because of complications from your delivery. In that case, you may get the IUD at your postpartum visit with your healthcare provider.
- LARC methods are safe to use while breastfeeding.

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital's Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

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Developed by: NMH Family Planning Division of the Department of Obstetrics and Gynecology