Long-Acting Reversible Contraceptives



FAST FACTS

>99%

effectiveness of LARCs at preventing pregnancy

up to 6 years

length of time Mirena IUD is FDA-approved for continuous use Long-acting reversible contraceptives (LARCs) are the most effective reversible contraception available. LARCs include intrauterine devices (IUDs) and subdermal single-rod implants.

ASSESSMENT

Assess patient/family goals and patient history.

Patient/Family Goals

- Menstrual suppression/lightening
- Symptom management (cramps, ovarian cysts)
- Contraception (for present or future)

CANDIDATES FOR LARCs

Consider LARCs for these patients:

- Any adolescent interested in LARC
- Needs highly effective contraception
- Difficulty adhering to other contraceptive methods
- Complex medical history and/or multiple medications

Patient History

- Heavy menstrual bleeding
- Dysmenorrhea (menstrual cramps)
- Active cancer or history of cancer treatment
- Currently immunosuppressed
- History of uterine anomaly
- Contraindications to estrogen (LARC methods do not contain estrogen)
- Heavy menstrual bleeding (encourage LNG-IUD)
- Dysmenorrhea (implant or any LNG-IUD)

REFERRAL

For Nexplanon® placement (or when a patient is undecided between LARC methods):

• Refer patient to Cincinnati Children's Adolescent Medicine or Gynecology. The clinician there will counsel the patient and schedule a separate visit for the procedure. The Nexplanon® will be placed at a separate visit after a pregnancy test is completed and result is negative.

For IUD placement:

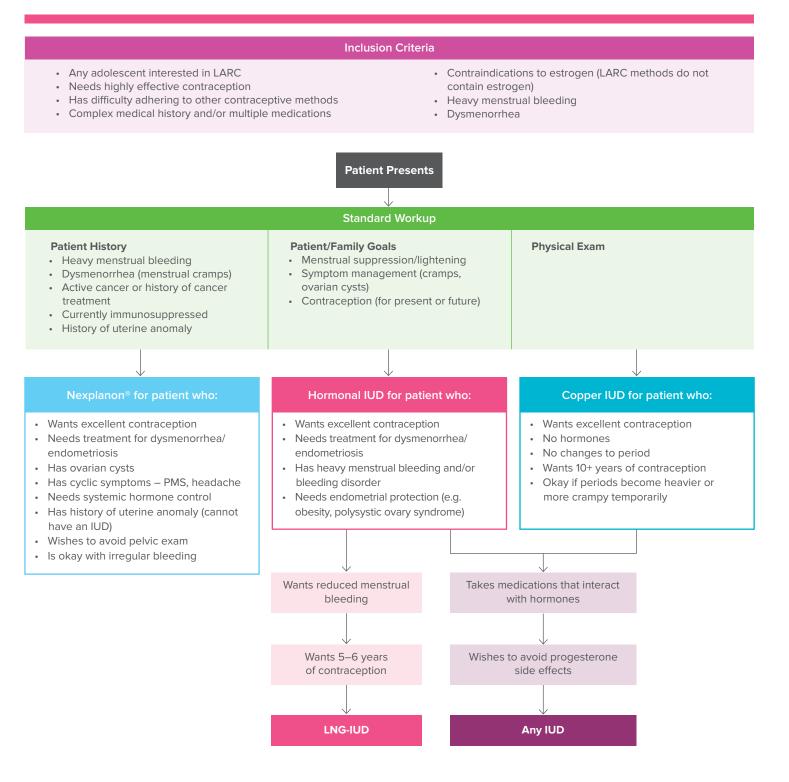
• Refer patient to Cincinnati Children's Gynecology. A pediatric gynecologist or nurse practitioner will counsel the patient and schedule the procedure, which may be performed in the clinic or under anesthesia in an OR. Pre-procedure medications may be prescribed as indicated.

If you would like additional copies of this tool, or would like more information, please contact the Physician Outreach and Engagement team at Cincinnati Children's.

If you have urgent clinical questions about a patient with this condition, call using the Physician Priority Link at 513-636-7557 or 888-636-7557 to reach either an Adolescent Medicine or Gynecology specialist.

Tool developed by Cincinnati Children's physician-hospital organization (known as Tri-State Children's Health Services, Inc.) and staff in the James M. Anderson Center for Health Systems Excellence. Developed using expert consensus and informed by Best Evidence Statements, Care Practice Guidelines, and other evidence-based documents as available. For Evidence-Based Care Guidelines and references, see www.cincinnatichildrens.org/evidence.

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For urgent issues, or to speak with the specialist on call 24/7, call the Physician Priority Link at 1-888-636-7997.