

# 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)

### Patient History

- Heavy menstrual bleeding
- Dysmenorrhea (menstrual cramps)
- Active cancer or history of cancer treatment
- Currently immunosuppressed
- History of uterine anomaly

## 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
- 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 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.**

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.

# Long-Acting Reversible Contraceptives

## Inclusion Criteria

- Any adolescent interested in LARC
- Needs highly effective contraception
- Has difficulty adhering to other contraceptive methods
- Complex medical history and/or multiple medications
- Contraindications to estrogen (LARC methods do not contain estrogen)
- Heavy menstrual bleeding
- Dysmenorrhea

## Patient Presents

## Standard Workup

### Patient History

- Heavy menstrual bleeding
- Dysmenorrhea (menstrual cramps)
- Active cancer or history of cancer treatment
- Currently immunosuppressed
- History of uterine anomaly

### Patient/Family Goals

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

### Physical Exam

### Nexplanon® for patient who:

- Wants excellent contraception
- Needs treatment for dysmenorrhea/ endometriosis
- Has ovarian cysts
- Has cyclic symptoms – PMS, headache
- Needs systemic hormone control
- Has history of uterine anomaly (cannot have an IUD)
- Wishes to avoid pelvic exam
- Is okay with irregular bleeding

### Hormonal IUD for patient who:

- Wants excellent contraception
- Needs treatment for dysmenorrhea/ endometriosis
- Has heavy menstrual bleeding and/or bleeding disorder
- Needs endometrial protection (e.g. obesity, polycystic ovary syndrome)

### Copper IUD for patient who:

- Wants excellent contraception
- No hormones
- No changes to period
- Wants 10+ years of contraception
- Okay if periods become heavier or more crampy temporarily

Wants reduced menstrual bleeding

Wants 5–6 years of contraception

LNG-IUD

Takes medications that interact with hormones

Wishes to avoid progesterone side effects

Any IUD