Long-Acting Reversible Contraceptives

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.

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.
## 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

**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**

### Standard Workup

#### 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
- 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

#### 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

- Takes medications that interact with hormones
- Wishes to avoid progesterone side effects
- Any IUD

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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.