

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 513-636-7997 or 1-888-987-7997 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