

# Long-Acting Reversible Contraceptives

Procured by UNFPA

Long Acting Reversible Contraception or LARC is a term used to describe methods of contraception that are highly effective in preventing a woman from getting pregnant for an extended period of time. LARCs are reversible which means that once a woman stops using them, the contraceptive effect wears off and the woman can become pregnant.

## 1 Hormonal Intrauterine Device (IUD)



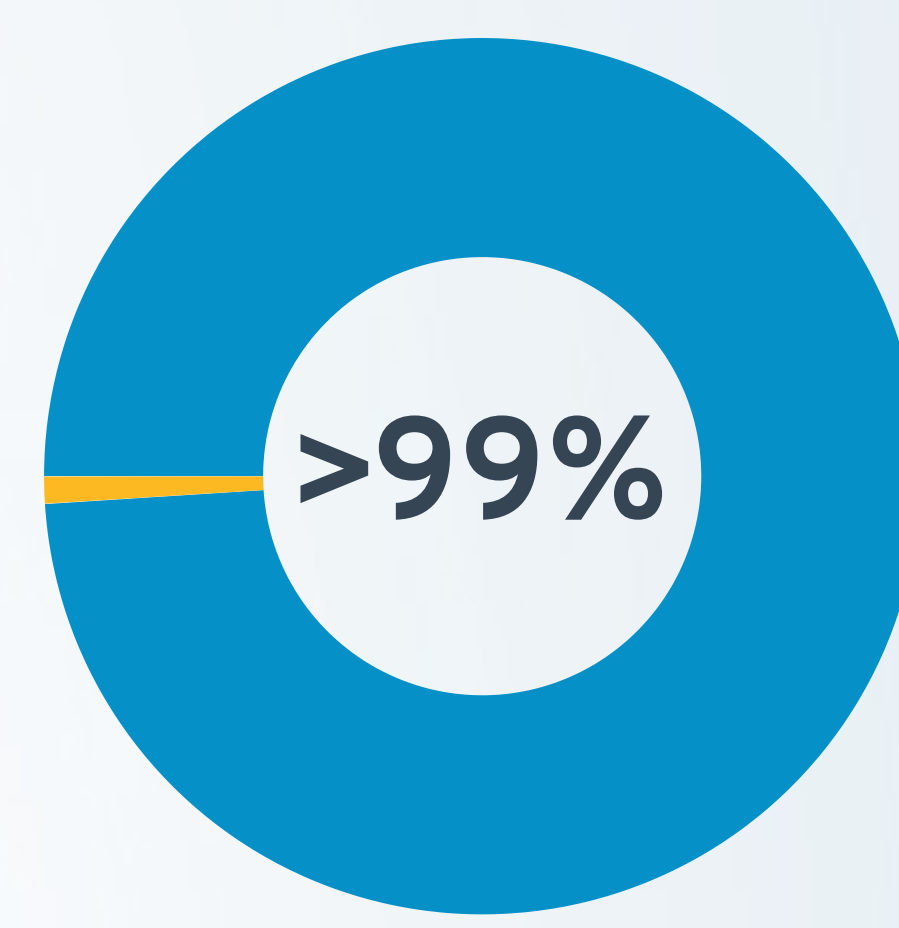
The hormone-releasing intrauterine device (IUD) is inserted into the uterus by a trained medical health professional. The IUD releases levonorgestrel which stops the sperm from reaching an egg.



Highly effective

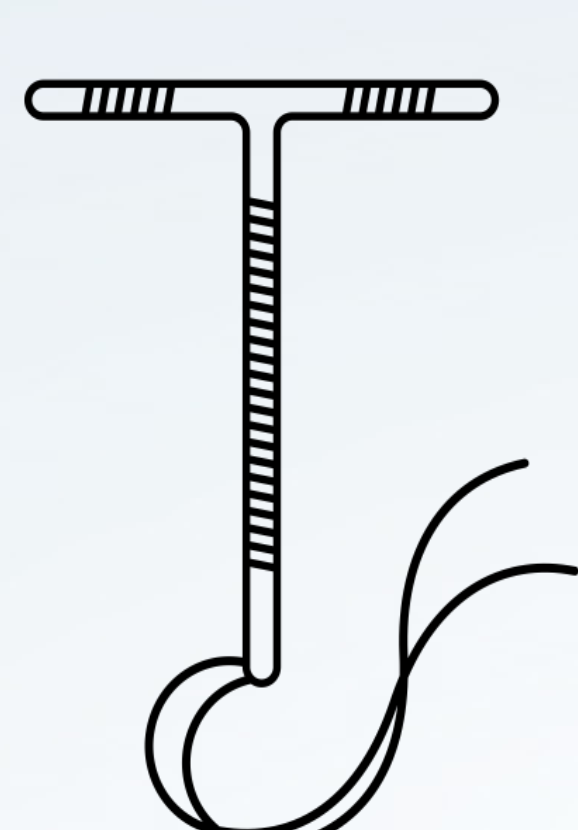


Can be used for up to five years. Can be removed at any time. Can be used to treat heavy menstrual bleeding.



Efficacy with typical use

## 2 Intrauterine device (IUD)



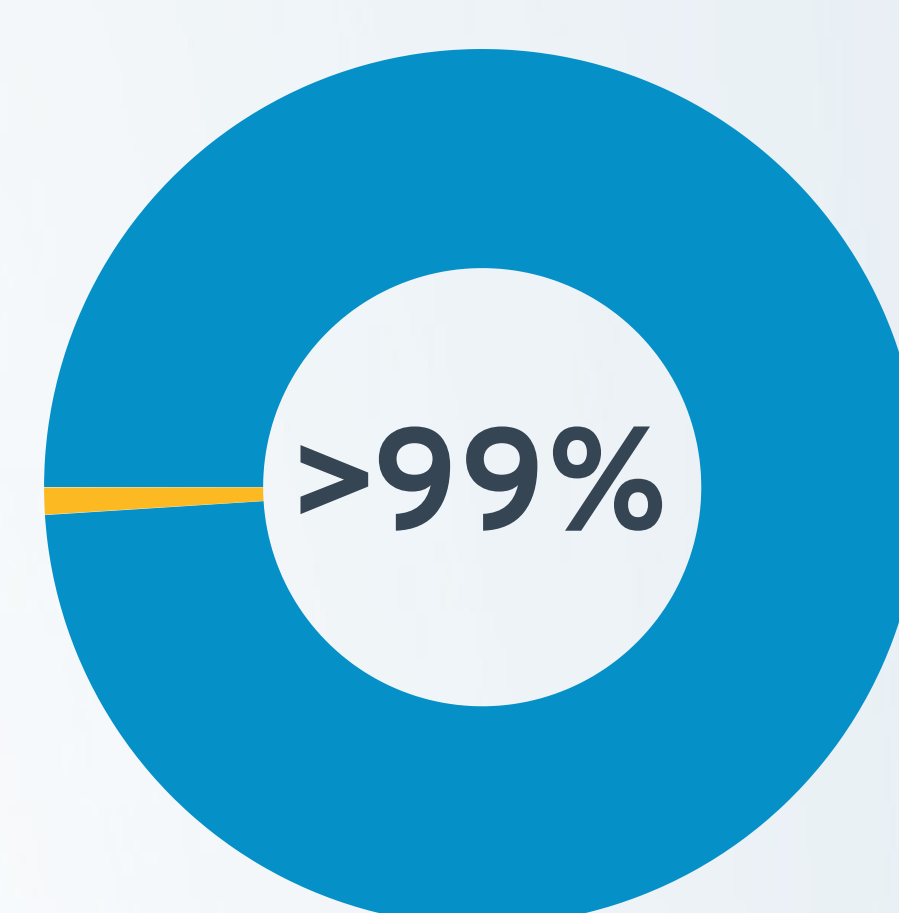
IUDs are a small T-shaped device which is covered by copper and inserted into the uterus by a trained medical health professional. The IUD releases copper ions which stop the sperm from reaching an egg. It may also stop a fertilized egg from implanting in the uterus.



Highly effective



Can be used for three to five years depending on type. Can be removed at any time



Efficacy with typical use

## 3 Implantable Contraceptives



Implants are small flexible rods that are placed under the skin of the upper arm. Implants release a progestin hormone that works by preventing the ovaries from releasing eggs. It also thickens the cervical mucus, which keeps the sperm from getting to the egg.

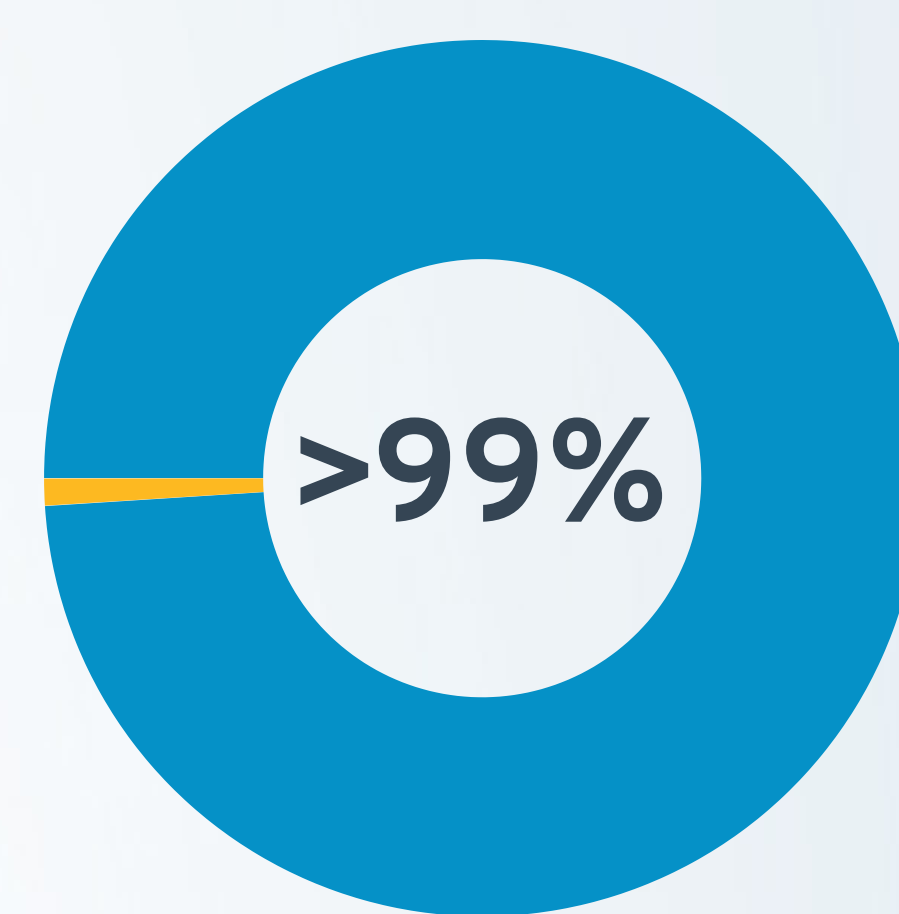
Must be administered by a health care provider.



Highly effective



Can be used for three to five years depending on type (one or two rods) Can be removed at any time



Efficacy with typical use

## 4 Injectable Contraceptives



The injectable contraceptive is a shot that contains hormones, either a progestin-only, or both a progestin and an estrogen. The injections prevent pregnancy by stopping your body from releasing eggs and thickening the mucus at the cervix.

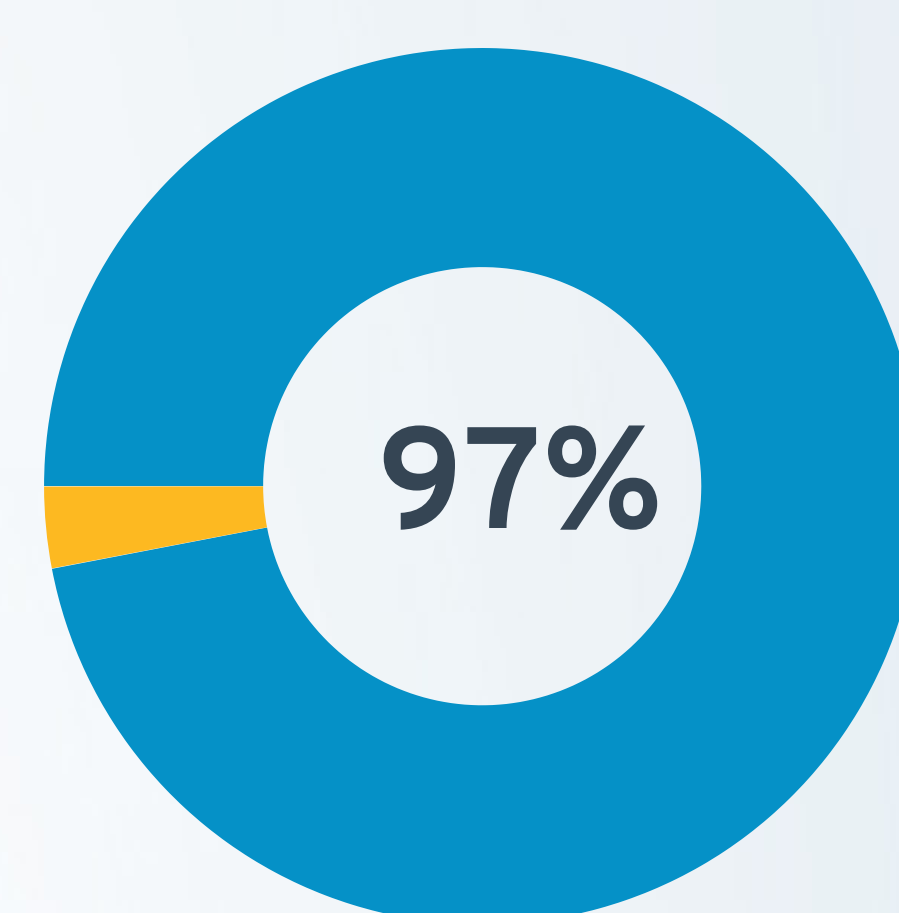
Delayed return of fertility (1-4 mos.) with progestin-only.



Highly effective



Shot must be taken either once every month or once every three months



Efficacy with typical use