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)**

   - Highly effective
   - Can be used for up to five years.
   - Can be removed at any time.
   - Efficacy with typical use: >99%

2. **Intrauterine device (IUD)**

   - Highly effective
   - Can be used for three to five years depending on type.
   - Can be removed at any time.
   - Efficacy with typical use: >99%

3. **Implantable Contraceptives**

   - 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: >99%

4. **Injectable Contraceptives**

   - Highly effective
   - Shot must be taken either once every month or once every three months.
   - Efficacy with typical use: 97%