

# Long Acting Reversible Contraception- LARC

- LARC is a Long Acting Reversible Contraceptive method.
- They are over 99% effective at preventing pregnancy. Your ability to have a baby (fertility) will return as soon as you take it out.
- They do not protect from STIs.
- LARCs can only be inserted and removed by specially trained staff.

## Types of LARC

### 1. Intrauterine device (IUD) - T-shaped devices that are inserted into your uterus.

#### Mirena

- Works for up to five years.
- 99.9% effective at preventing pregnancy.
- Periods usually become lighter or stop when using a Mirena.
- It works by:
  - stopping the release of ova (eggs),
  - thickening the fluid around the cervix to make it harder for the sperm to get to the ovum (egg), and
  - changing the lining of the womb to stop a fertilised egg from sticking to it (implanting).

#### Kyleena

- Works for up to five years
- 99.7% effective at preventing pregnancy

#### Copper IUD

- A copper IUD works for between 5-10 years depending on the type.

- A copper IUD is 99.5% effective at preventing pregnancy.
- It can make some women's periods heavier.

It works by:

- stopping sperm from reaching and fertilising the ovum (egg),
- affecting the way sperm move and survive in the uterus, and
- changing the lining of the womb to stop a fertilised egg from sticking to it (implanting).

2. Contraceptive implant - a 4cm long soft plastic bar that is inserted into your arm.

## Implanon, or 'The Bar'

- Implanon works for 3 years
- It is 99.95% effective at preventing pregnancy.
- Periods usually become lighter or stop when using Implanon, but about 1 in every 5 women have irregular or ongoing bleeding.

It works by:

- stopping the release of ova (eggs),
- thickening the fluid around the cervix to make it harder for the sperm to get to the ovum (egg), and
- changing the lining of the womb to stop a fertilised egg from sticking to it (implanting).

## How do I get LARC?

1. Talk to Family Planning Tasmania or a GP to get a prescription.
2. Have your LARC inserted at Family Planning Tasmania or by a GP.
3. Talk to your GP or one of our doctors about how to protect yourself and others from STIs.
4. Relax, knowing that LARCs prevent unwanted pregnancy for between three and ten years, depending on the type.

To find out more or make an appointment, visit [fpt.asn.au](http://fpt.asn.au)

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